

QUARTERLY

The College of New Rochelle Alumnae/i Magazine

Summer 2005 | Volume 77 | No. 1

As Time Goes By...

Reassessing Life's Choices

(Story on page 2)





MESSAGE FROM THE PRESIDENT

College Announces Plans for New Wellness Center



With The College of New Rochelle's Centennial year now concluded, we turn our attention to the next century and greet new challenges and opportunities for the College. Perhaps the most exciting challenge we face is how to once again refine our educational vision, looking to our strengths to create a new way of teaching and learning about health and wellness—major issues affecting society and each of us individually.

In contemplating how best to achieve this, we have developed plans and programs which comprise a new Wellness Center to serve our students, faculty, and the greater campus community. Through the construction of a Wellness Center, CNR will reframe the approach to health and well-being, bring that knowledge into the community, and have a vital impact on the healthcare crisis in America.

A modern, state-of-the-art building, housing School of Nursing programs, Health Services, Physical Education, and Intercollegiate Athletics in a single structure, will keep the College competitive in its next century, and it will embrace and enhance the mind, body, and spirit of the CNR Community. In developing plans for this new building, we began, as popular vernacular has it, to “think outside the box” and envision a building that would accommodate an expanded curriculum, as well as an increase in College enrollment that now approaches 7,000 undergraduate and graduate students.

Several years ago the CNR academic community began a vital dialogue about what should replace the previous Sports Building. Their vision will result in one of the most significant buildings in the storied history of The College of New Rochelle.

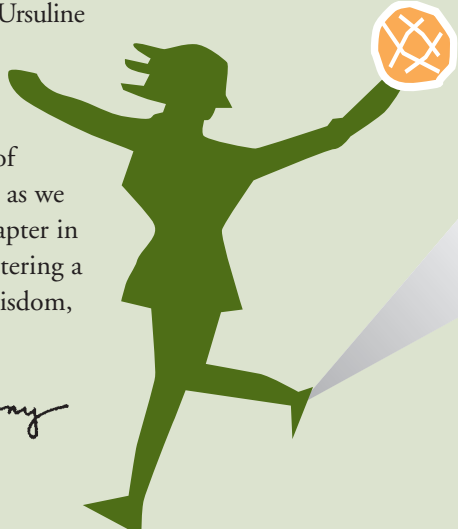
To design such a structure we turned to the architects who masterfully restored Mother Irene Gill Library. We asked them to combine the best thinking from the CNR Community with their own creative skills to design a structure that will blend with the College's traditional collegiate

gothic architecture and the residential neighborhood of New Rochelle, and will be environmentally friendly in terms of materials used.

The building will be over 60,000 square feet, making it one of the largest buildings on the New Rochelle Campus. It will have two major interior spaces: a gymnasium that will seat 1,500, and a competition auditorium over the swimming pool, that will seat 100 spectators. Additionally, there will be a fitness and weight room and an aerobics and dance studio as well as health services and athletic offices, multipurpose classrooms, and a holistic meditation room. Outside, on the landscaped acreage surrounding the Center, will be a contemplation garden.

As I have often said, The College of New Rochelle is a “sacred” place, an institution of higher learning committed to the development of the whole person: mind, body, and spirit. There is a great synchronicity on our campus that encompasses the physical reflections of mind, body, and spirit in Gill Library, the new Wellness Center, and Holy Family Chapel, respectively.

Our responsibility is to carry forward into a second century the dream of our Ursuline foundresses and the mission of this institution. We continue to invest in and develop the richness of this academic community as we begin another exciting chapter in the life of this College, entering a new century of growth, wisdom, and wellness for life.



Stephen J. Sweeney

Stephen J. Sweeney, Ph.D.

QUARTERLY

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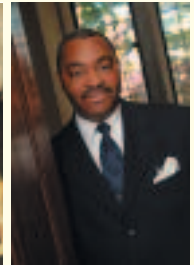
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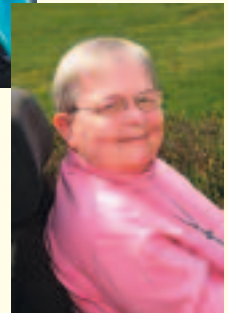
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The Story of
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Cover: Sundial in the Rose Garden. Photo by John Vecchiolla.

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AS TIME GOES BY...

Reassessing Life's Choices at 50

WITH ANOTHER AMERICAN HITTING THE BIG 5-0 EVERY SIX SECONDS, MIDDLE AGE IS HOT. WHAT OTHER GROUP COULD RATE TWO NATIONWIDE COVER STORIES ON THE VERY SAME DAY THIS SPRING — IN *TIME* (“FEMALE MID-LIFE CRISIS”) AS WELL AS *FORTUNE* (“50 AND FIRED”)?

AS THOSE DIRE HEADLINES SUGGEST, MID-LIFE CAN BRING SELF-DOUBTS AND CAREER SETBACKS. BUT AS MANY CNR GRADUATES ARE PROVING, IT HAS INCREASINGLY BECOME THE NEW PRIME TIME FOR RENEWED EDUCATION AND PERSONAL REINVENTION, THE TIME TO SET OUT ON A DARINGLY DIFFERENT DIRECTION IN LIFE.

OR AS SR. JOAN BURBAGE, SC GS’96 PUTS IT SIMPLY, “YOU GET TO AN AGE WHEN IT’S TIME TO TRY SOMETHING NEW, OR YOU WON’T BE ABLE TO.”



Keep in mind that when F. Scott Fitzgerald declared, “There are no second acts in American lives,” the average U.S. life expectancy was barely 60. Now, if we’re lucky, we can count on an extra 20 relatively healthy, active years.

“And as people are living longer, they are looking for more creative ways to use their later lives,” says Sr. Miriam Therese Peppin, OSU SNR’74, retired director of New Rochelle’s Office for the Aging.

Following that urge, CNR grads in their 50s, 60s, and beyond are writing some surprising — and deeply satisfying — second acts. Out of the blue they’ve found themselves training birth attendants in the African bush or caring for a roomful of needy inner-city three-year-olds, escaping the corporate world for a pulpit in Brooklyn or a seaside village in Ireland.

“Looking at what my parents expected for their retirement years, things have changed so much,” says Mary Ellen Foster McEvily SAS’65. “Now we expect to be involved in something.”

Broader Horizons

For Mary Ellen, that sense of involvement blossomed when she was invited to serve on the board at St. Clare’s Hospital, now St. Vincent’s Midtown. A retired art and English teacher, Mary Ellen quickly did her homework and got up to speed on what makes a hospital tick—“right from the top to the person who sweeps the floors.”

A hospital board’s role, the Manhattan resident explains, “is to advise our CEO and ask the important questions.” Unfortunately, she has found, “money is the bottom line in medicine, and I think sometimes we lose the perspective about caring for people. That makes it important for a board to maintain some bal-



Florence Congioli Hansen ’55, (seen at far left) with a typical extended family in front of their home, has been traveling to Zambia to train community health workers and traditional birth attendants since 1992. During each trip, Florence brings pairs of used eyeglasses and has distributed about 400 pairs so far (photo above). “I have seen some old people who have brought their Bible to where I am distributing the glasses start to cry when they can once again read the fine print,” she says. School health screenings and health education for parents are also an important part of Florence’s role (photo left).

“WHILE I ENJOY MY CREATURE COMFORTS BACK IN AMERICA, IT AMAZES ME HOW RIGHT AT HOME I FEEL, IN THE MOST IMPOVERISHED SETTINGS. I WISH EVERY AMERICAN COULD SPEND A YEAR IN A DEVELOPING COUNTRY — WHAT A DIFFERENT PLACE THE WORLD WOULD BE.”

— FLORENCE CONGIOLISI HANSEN SAS’55

ance—I look at our agenda to see how much of it is based on human issues, not just money issues.”

Once a medical novice, Mary Ellen’s input has proven so valuable that she also was named to a statewide panel of hospital trustees. But her transition from classroom to boardroom was not the first unexpected mid-life move for the former Ursuline sister.

“I had an excellent experience as an Ursuline, was exposed to wonderful people, and was able to develop a contemplative side.” But after 20 years, she says, “I felt I was settling into a structured life that was too predictable. I needed to take another step.”

Stepping away at 41, while continuing to teach at the Ursuline School in New Rochelle, Mary Ellen got a chance invite to a birthday party and met a recent widower named Thomas. It was love at first sight—with six stepchildren thrown into the bargain. “Oh no,” gasped one surprised friend at the news of her

engagement. “You’re doing *The Sound of Music!*”

“I Didn’t Plan on This”

For Florence Congioli Hansen SAS’55, the script reads more like *The African Queen*. Director of social services and the kidney center at a Spokane, Washington, hospital, Florence quit in 1992 to begin serving twice-yearly three-month stints in rural Zambia, training desperately needed community health workers and traditional birth attendants.

“I didn’t plan on this. I never really plan anything,” she admits. “I just happened to be in Zambia to visit a Jesuit priest I knew, and another priest who was starting a hospital asked if I would like to help. So I said, ‘Why not?’”

Returning to school to study up on third-world medical issues, “I got my Ph.D. so I could leave my good-paying job and go work for nothing,” Florence laughs. “My friends all thought I had lost

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As Time Goes By

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my mind, but my daughter and husband were very supportive.”

At first, the Nangoma Health Centre was little more than a clearing. “We have power and water but they don’t always work. One time we had no water and I was so dirty and sweaty — when I heard it start raining that night I just ran outside and threw off my clothes.”

In those early days, she says, “I didn’t know if I’d last two weeks or two years.” But 14 years later she will once again be packing up two 70-pound suitcases filled

new at 40, she landed a job at the Alexander’s store in Manhattan, and began taking courses at LaGuardia College in Queens.

Headed at first toward a degree in office technology, “I had the revelation that this just was not for me — that I must choose a career that brought me closer to people.” Looking over the LaGuardia catalog, Gussie’s eye caught a listing for early childhood education.

“I thought, ‘Children — that’s where it all begins.’ People tend to overlook the special qualities hidden within themselves. I felt I could help children discover themselves and help them grow within.”

**“I THOUGHT, ‘CHILDREN — THAT’S WHERE IT ALL BEGINS.’
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— GUSSIE HICKS

with training materials, medicines, and donated eyeglasses and leaving for Nangoma this August. She’ll also be working with a midwife on a training mission in nearby Luili.

“There’s no electricity, and I’ll be using a pit latrine. It’ll be pretty primitive.” And yet, she adds, “While I enjoy my creature comforts back in America, it amazes me how right at home I feel over there, in the most impoverished settings. I wish every American could spend a year in a developing country — what a different place the world would be.”

Where It All Begins

What a different place it would be if there were more people like Rev. Gussie Hicks SNR’00 or Sr. Joan Burbage.

A department store salesperson, Gussie followed “a revelation” into a second career caring for East Harlem toddlers in need of love and attention. Sr. Joan, after 38 years as a math teacher and school administrator, felt called to work with the oldest and most frail in our society.

Gussie had come to New York from North Carolina at age 18, in search of educational opportunity — but wed instead and became a stay-at-home mom. Feeling the urge to do something

Eager to grow personally as well, she enrolled at New York Theological Seminary and was ordained in gospel ministry. She’s been active ever since in church counseling and youth programs.

Gussie graduated from her early childhood studies in 1994, just as Alexander’s was going under. “That was a blessing — my job was gone but I was able to move right into my new field,” as an early childhood educator at an East Harlem day-care center. While on the job she earned her psychology degree at CNR.

“When children come to my classroom I feel I not only have them but the entire family. The parents are mostly young, unskilled, and stressed out as they try to get into the workforce. As a result, the children can also be stressed out as well. I try to make the classroom pleasant and inviting so both parent and child know I really care.”

Little things make a big difference at age 2 or 3, like the little hats and gloves Gussie buys for when toddlers show up without them on cold winter days. “Participation in outdoor play is very important in childhood development; they can’t go outside without the right clothing, but you can’t keep them inside or they’ll feel different. I’ll say, ‘Don’t

worry, Ms. Hicks has a hat for you,’ and we’ll talk about the colors and purpose of the hat.” And then, she adds, “you can be sure I will speak with the parent on the importance of proper dress for total classroom preparation.”

What It’s All About

While Gussie relates to toddlers, Sr. Joan visits some 20 to 30 homebound elderly weekly in Bronxville and Yonkers, through the Parish of St. Joseph.

“One big problem is the many elderly who are quietly growing more frail at home and have no family or other support system — they become invisible. They deserve a lot of credit for trying to remain independent, but society has a responsibility to look out for them.”

A career options program at Calvary Hospital in the Bronx opened Sr. Joan’s eyes to opportunities in elder-care, and she followed up by studying gerontology at CNR. She gained important experience — “and did a lot of listening” — running a retirement home for sisters from her order, the New York Sisters of Charity.

Now she puts those listening skills to work in visits with the aged from all walks of life. “We pray, we talk, we try to understand the meaning of life. As we grow older we begin to think a lot more about what it’s all about. God does become more important to us — there are so many things we can’t change, we must depend on God and trust in Him.”

But as our society grows older — 40 percent of us will be over 50 by 2050 — we also depend more on services such as New Rochelle’s Office of the Aging, where Sr. Miriam Therese Peppin was executive director for 25 years.

“You now have not just the ‘old old’ but the ‘young old,’” she notes, “and the services you offer must span the generations. We’re seeing a lot of younger seniors now using senior centers. It’s not just about making potholders any more; these people have a lot more to offer to society.”

When Sr. Miriam began offering more education and computer courses, “some people scoffed that old dogs couldn’t learn new tricks — but they did. Today’s seniors are healthier, better

educated, more affluent, and they want to preserve all that, not just leave it up to someone else to take care of them.

"There's more volunteerism, more of a search for education and job skills," adds Sr. Miriam, who joined the Ursulines at 17 but was well into mid-life herself when drawn to the study of gerontology and the field of aging services. "We've seen people get their start in courses at the senior center, then go on to complete high school or go back to college." At CNR, nearly one of every 10 students is 50 and above.



"AS I BEGAN STUDYING RELIGION, IT TRIGGERED SOMETHING IN ME. NO MATTER HOW MUCH I LEARNED IT WASN'T ENOUGH; I STILL WANTED MORE."

— DR. CADE JONES III

"THE BABY BOOMERS ARE SO MUCH MORE EDUCATED, I REALLY THINK THEY WILL CHANGE THE FACE OF AGING."

— SR. MIRIAM THERESE PEPPIN

"The baby boomers are so much more educated, I really think they will change the face of aging," Sr. Miriam predicts. But because they are also more likely to be single or childless, she warns, a greater burden of care will fall on society, rather than the family.

Sr. Joan also sees trouble ahead as America grows grayer. "With the study of gerontology growing so quickly, for a while I thought we might be able to accept and understand old age so much more. But now, I don't know. With the tremendous pressures on the medical system, health care for the elderly is often lacking in empathy — there's just not enough time."

When people first retire," Sr. Joan says, "they are up and active, joining, traveling, volunteering. I encourage people to go do things while they can," and to make important choices in advance — like getting rid of house clutter and signing a health-care proxy, in case you become unable to make medical decisions.

While it can be heart-wrenching to visit elders who are alone and in decline, Sr. Joan still feels "a tremendous amount of joy as I go around. Everyone is so happy to see you, so appreciative, and they give so much of themselves."

And all this, she says, "is helping to prepare me for what's down the line — how I will accept illness and the realization that my days are numbered. Look, I'm 73; I just thank God I have the health to do this and my parish can offer the service."

Five Years of Hell

Now a Brooklyn pastor and CNR recruiter, Dr. Cade Jones III SNR'92 is thankful as well. But he was not feeling so blessed when a late '80s Wall Street

layoff shattered his comfortable life.

"I was making beautiful money," he recalls with a smile. "We had a beautiful home." But unfortunately, no beautiful college degree — Cade had talked his way into his first investment-house teletype job 21 years before that based on his Army experience, not his schooling.

And now, quickly nearing 50, he found the industry's doors suddenly closed. "For anything that didn't require a degree, they would tell me I was overqualified." Cade's wife Eleanor was working, but without his paycheck, the family soon "lost everything."

Nearing rock bottom, Cade heard his pastor suggest going back to school. "My first reaction was, 'For what?'" But walking into the College's SNR campus in lower Manhattan, he found a work-study opportunity and faculty members ready to take him under their wing. Along with a psychology degree at CNR, he eventually earned a master's and doctorate at New York Theological Seminary.

"As I began studying religion, it triggered something in me. No matter how much I learned it wasn't enough; I still wanted more."

To make ends meet, the once white-collar Wall Streeter was working for \$4.25 an hour in a CNR storeroom and then pumping gas at night, grabbing two or three hours of sleep before getting right back up to study and head for class. "It was five years of hell," he admits.

But Cade's growing gospel scholarship began earning him guest-preaching invitations, and St. Luke's Church in Brownsville eventually hired him as full-time pastor. In 14 years he has seen his congregation grow from 55 to 250.

That Brooklyn neighborhood may seem a long way from Manhattan's financial district, but "People there are trying to do the best they can," Cade says. "They just need someone who is concerned about them. I'm not there to give people answers. I'm there to help

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AFTER MOVING TO IRELAND FOR A YEAR, MARIANNE HICKEY SAS'71 SAYS SHE QUICKLY LEARNED THAT "I COULD DEFINITELY LIVE WITH LESS AND BE HAPPY... THAT I CAN MAKE MY WAY IN A NEW AND DIFFERENT PLACE WHEN ALL AROUND ME IS DIFFERENT... AND TO EMBRACE CHANGE AND BE EXCITED ABOUT IT...."

As Time Goes By

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them find the answers within themselves."

In some ways, Cade's student recruiting for SNR is much like his ministry. "One uniqueness of CNR is its way of showing that you have the ability to change directions, do different things. You just need the confidence. A lot of people say 'Go back to school? I can't do it.' But I tell them that I was out of school for 21 years, and even then I was just a D student — D as in David."

Thanks to his change in direction, "the ministry has enabled me to help hundreds of people. The Creator has allowed me to combine my secular and spiritual skills, and I can deal with people at any level. I can walk into a prison and talk with the inmates, and it also wouldn't bother me if the phone rang right now and it was the President of the United States."

And what if the phone had rung 15 years ago, with an offer to stay on Wall Street? "I would have been much richer in money but poorer in knowledge. I would have missed so much."

Some Disassembly Required

Marianne Hickey SAS'71 also became poorer but wiser.

"I think that for many people, as they get older their lives get smaller." But now — after an eye-opening year in a seaside Irish village — "I feel my life is becoming more open."

Much like Cade, Marianne was a member of the mid-life layoff club. When Fidelity Investments dumped 7,000 employees in 2001, the former information technology VP was out on the street. "Here I was at 53, and it's never easy getting a job at that age even in good times."

Struggling through a fruitless two-year job search, she recalls, "I just woke up in bed one morning and said, 'I'm going to Ireland.'" And not just for a couple of weeks on a tour bus, either. Because one grandmother was Irish-born, Marianne knew she could become a citizen, find a job, and call the Emerald Isle home for as long as she might wish.

"I just felt trapped in my life and wanted something completely different."

Preparing for her move, the single Bostonian found it was "frighteningly easy to disassemble my life. But because it was so easy, I knew it was the right thing to do."

Arriving in Ireland with three suitcases and no plan, Marianne drove around, "Awaiting a message" on where to put down roots. The message came in Kinsale, a charming village where she spotted a help-wanted ad and was hired as receptionist at the Blue Heron hotel.

"It's been quite an intense elevator ride, going from VP to the low end of the totem pole," she admits, "but I just love the energy of working with young people. It's so different from corporate life."

"I haven't been this poor since I was 22," she laughs. "But with so few material things I find I have more time and energy." Her advice to readers: "Get rid of things — give yourself more breathing room."

As Marianne enjoyed her own newfound breathing room, the stay she'd planned for three to six months stretched past a year. "The Irish are more laid-back than us. Work is important but it's not the be-all and end-all; fun, friends, and social life are important. I've made more friends here than over the past 10 years back in America."

Adjusting to a strange new world was lonely and intimidating at first, "but I felt that if I could make this work, I could go back to America with the confidence to face any challenge, to do something completely new and different."

And with this summer, the time has come to return home and begin the job hunt once again. "That's the scary part," Marianne admits. "Most people are ending their careers when they're 56, and I'll just be getting started."

"But we'll just see what happens. That's one thing I've learned from the Irish — to be more patient. Things come to you not on your time, but on theirs."

"That's Where You Belong"

No matter how young you may feel, time's arrow does take its toll.

At 70, Florence Hansen is "slowing

**“I HAVEN’T BEEN THIS POOR
SINCE I WAS 22,” SHE LAUGHS.**

**“BUT WITH SO FEW MATERIAL
THINGS I FIND I HAVE MORE
TIME AND ENERGY.”**

— MARIANNE HICKEY

down” to just three months a year in Zambia. But a new challenge still awaits, a side trip to Zimbabwe, where a group of sisters has asked her help in opening another rural hospital.

Mary Ellen McEvily, 65, is a colon-cancer survivor, though she rarely missed a board meeting even while on intensive chemo. “I’ve always told people, please don’t say I’m ‘batting’ cancer. I didn’t want an image of war. This is something that I was asked to make room for in my life and make peace with in some way.”

And although Gussie Hicks, 64, is on sabbatical for health reasons, she’s looking forward to returning to her daycare class — and also working on her master’s at Hunter College, with a longer-term goal in mind.

“I want to develop an early childhood education program within my church — any church. We’d encourage parents to come in as well, single parents who need the skills to deal with their children. I look at teens who are in trouble; so many of their problems could have been avoided if their parents had these skills.”

Will local churches embrace her idea? “I just feel the door will open,” Gussie proclaims. “Somewhere and somehow, I know I’ll have the opportunity to carry out this dream.”

Persistence, she adds, can open doors at any age. “As long as there is a restlessness to you, you know you are not fulfilled. When you feel a sense of satisfaction, then you will know that’s where you belong. I know there’s more that I want to do, so much more that needs to be done.”

Gary Rockfield is a free-lance writer/editor who frequently reports on education and business-related issues, as well as unique personalities from all walks of life. An award-winning former newspaper editor, he lives in Brewster, NY.

PHYLLIS SCHREIBER SNR’74: *Portrait of a Lifelong Learner*

“This school has done so much to inspire people like me and expose us to new things,” says Phyllis Schreiber SNR’74. And without her inspiration, CNR’s Castle Gallery might never have opened.

Phyllis and husband Samuel were enthusiastic collectors, museum-goers, and gallery-hoppers. “But I wanted something more in-depth,” she explains. “I wanted to understand what I was looking at. I had married at 19, and I never did get to college back then.”

So in her late 50s Phyllis entered CNR, eager to study art history but “without the slightest idea what area to focus on.”

Then one of her teachers happened to hand her a book about Russia’s avant-garde artists of the early 20th century. Flipping the pages casually at first, “I realized right then and there how drawn I was to this. We ended up selling every piece we had and began collecting the Russian avant-garde!”

Phyllis earned her degree and planned on earning a master’s — until a heart attack and stroke left Samuel disabled. “For the next 26 years I devoted my life to his needs first.”

But Phyllis felt a need as well, a hunger to learn more and do more in the world of art. Opening an appointment-only gallery in their Greenwich, Connecticut, home, she began making contacts with artists, dealers, collectors, and experts, especially in Russian painting. The former novice soon found herself writing and lecturing.

“The more you know, you realize how little you know,” she emphasizes. “That has always driven me to find out more about a period and its artists.”

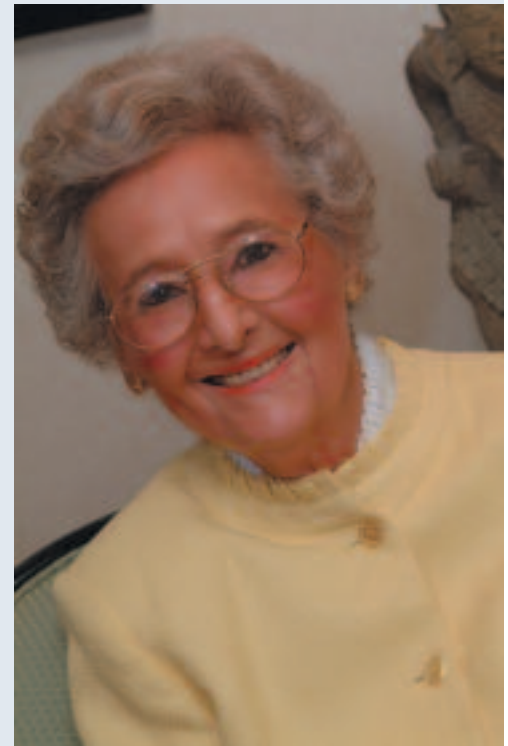
Coming across a notable sculpture collection that was headed for storage following the death of owner Joseph Hirschorn, she offered to find a venue for it at CNR. When Hirschorn’s widow Olga said yes, “I ran to a phone, called the art department and said, ‘Do I have a coup for you!’”

There’s just one problem, they replied: We don’t have any space for it.

And so, working with CNR art teacher and sculptor Sr. Mary Jane Robertshaw, Phyllis raised the money and muscle to transform a grimy storage area into what is now the Castle Gallery. “I asked people to envision how it would give the students important experience in running a gallery, hanging art, doing research. It just seemed like a natural for the school.”

Now 87, Phyllis is still active, especially at her winter home in Florida, where she leads presentations and museum trips for neighbors. “I would do more,” she says, “but it’s just such a job to get all my slides together!”

And she still can’t resist a little shopping now and then. “Once a collector, always a collector,” she laughs. “When I find something I really like, I buy it for my children.”





SECURING YOUR FINANCIAL FUTURE

Now that we've encouraged you to embrace the idea that you're never too old to explore new interests and to live life fully well into old age, we'd like to get practical because to truly live life fully requires solid finances. And key to financial solvency is avoiding excessive debt and saving early. We're not talking infancy of course (*though opening a 529 account to save for college for your children soon after their births would be a good idea*) but soon after. SAS Business Professor Linda Lopresti is a passionate advocate on this subject, so we sat down with her to get her best thinking on securing your financial future >>>

►► **THE AVERAGE CREDIT CARD DEBT OF A COLLEGE STUDENT IS AROUND \$3,000.**

If you could offer one piece of advice about securing your financial future what would it be?

Invest sooner rather than later. It's never too soon to begin putting together a diversified portfolio of investments. There are several factors you need to consider when investing: how much risk you are willing to assume, what will the duration of the investment be, how much yield will you need to achieve your financial goals? How liquid do your investments need to be? And finally, what will the tax consequences of your investment be?

I tell my students that these companies should include a 14kt. gold pin in the shape of a shovel with the credit card statement because when you pay the minimum balance they are encouraging you to shovel yourself deeper into debt.

Young people do not realize that the decisions they make today will affect their credit histories for the next seven years. I encourage everyone to check the information on their credit reports periodically to make sure the information is correct. The average credit card debt of a college student is around \$3,000.

it or do I need it?

With a cash purchase, if you don't have it, you can't buy it. With a credit card, the temptation is often too great and many get into trouble by spending cash they simply do not have.

How do I save if I have more bills than money every month?

This is an easy answer. You cannot save when you spend more than you have. First you need to make a cash budget for yourself. Look at your net cash coming in each month and then your expenses.



YOUNG PEOPLE DO NOT REALIZE THAT THE DECISIONS THEY MAKE TODAY WILL AFFECT THEIR CREDIT HISTORIES FOR THE NEXT SEVEN YEARS.

Many of us have credit cards and use them as if they were cash. What about credit card debt?

This is a topic I am passionate about. I am not against having a credit card. However, we need to realize that this is a billion dollar industry and credit card companies target college students and people with low incomes because these two groups will most likely pay the minimum amount required each month.

In fact, these companies go after children younger than college-age students. My son, who is 16, received a pre-approved card in the mail, and he doesn't even have a job.

Unfortunately, we live in a society that wants instant gratification. Credit cards give us the opportunity to have what we want immediately. I ask my students to answer just one question before making a credit card purchase: *Do I want*

Not all expenses are fixed, some are discretionary. That means that you have the ability to reduce some of your costs each month and manage your bills more efficiently. If you do this, you are on your way.

I tell my students to pay themselves first before they do anything else. You would be surprised how much you can save if you consistently put aside cash

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►► **YOU WOULD BE SURPRISED HOW MUCH YOU CAN SAVE IF YOU CONSISTENTLY PUT ASIDE CASH FROM EACH PAYCHECK. IF YOU HAVE THE ABILITY TO JOIN YOUR COMPANY'S 401K PLAN, DO IT. YOU WILL NEVER MISS THE MONEY. FIND A WAY TO SAVE. YOU WILL NEVER REGRET IT.**

Securing Your Financial Future

(Continued from page 9)

from each paycheck. If you have the ability to join your company's 401K plan, do it. You will never miss the money. Find a way to save. You will never regret it.

How much money is enough money for retirement?

This is a very difficult question to answer. It depends on the lifestyle you want, at what age you expect to retire, where you will spend your retirement years, and what costs you will have to incur for health insurance. There are websites available to help you calculate what you will need to retire comfortably. It is really impossible to generalize or speculate. There is no magic number. These are individual decisions that have to be made.

Why can't we rely on Social Security?

There seem to be two important reasons. The first is that the ratio of workers contributing to the fund to retirees is less than it used to be. There are now only two workers for every one retiree. It used to be four-six workers contributing to the fund for every one retiree. As people live longer and with fewer contributors to the fund, we know eventually this will deplete the fund. Also, in the year 2011 a record number of baby boomers are expected to retire, and this will further put a drain on the fund. It is not an immediate problem but is one that will affect our grandchildren.

THE MISCONCEPTION ABOUT LONG-TERM CARE INSURANCE IS THAT IT IS ONLY FOR SENIORS. HOWEVER, APPROXIMATELY ONE THIRD OF LONG-TERM CARE CASES ARE PEOPLE UNDER AGE 60. ANYONE AT ANY AGE COULD BECOME TEMPORARILY OR PERMANENTLY INCAPACITATED DUE TO ILLNESS OR AN ACCIDENT.

Do women have to consider different financial strategies than men?

Not really. We know that according to statistics, women live longer than men and so their investments need to be spread out over a longer period of time. However, the strategies should be the same. Take full financial control, start investing as soon as possible, and monitor the choices you make.

Unanticipated health care and long-term care costs can often bankrupt people who think they have saved sufficiently. Are there specific financial plans that should be made to address those concerns? What about long-term care insurance?

This is a legitimate concern. Long-term care insurance is becoming a popular option with many people. It is important to remember that the earlier you obtain this type of insurance, the cheap-

er the cost of the policy. Waiting will be more expensive. It is also important to find a policy that will factor in inflation to cover the ever-rising health care costs.

Long-term care is a step beyond medical and nursing care. It includes assistance in the case of chronic illness or a disability that leaves you unable to care for yourself for an extended period of time. Individuals can receive long-term care at home or in an assisted living facility, or in a nursing home. Long-term care insurance premiums are based on your age and the condition of your health at the time you purchase the policy.

The misconception about long-term care insurance is that it is only for seniors. However, approximately one third of long-term care cases are people under age 60. Anyone at any age could become temporarily or permanently incapacitated due to illness or an accident. There are websites that will help you to determine whether or not this is an option for you to consider.

Should someone hire a financial advisor?

It really is not necessary. Some financial advisors are commission-based salespeople, and you will wind up paying a large fee for their services. With technology and easy access to financial information, we have the ability to research different investment opportunities and decide which would best match our needs.

However, if we are talking about assets upwards of \$500,000 I would suggest you consult an expert to help manage your assets.

►► RESOURCES

Websites for information about choosing investments and planning for retirement:

www.morningstar.com

www.moneycentral.msn.com

www.reuters.com

www.moneyinstructor.com

Websites for information on long-term care:

www.longtermcarewiz.com

www.retirement-income.net

How is investing in the twenty-first century the same or different than investing 100 years ago? Are the rules the same?

I haven't been around that long, but I do believe that the reasons for investing are the same, but the mechanics are different. We now have the ability to participate in on-line trading. We can trade 24/7 without the assistance of a broker.

That is different from the past. However, investing strategies haven't changed. We might have more choices available to us and more access to infor-

mation, but our reasons for investing have not changed.

Based on the rate of return, (historically) can we count on the stock market as an investment vehicle in the future?

Yes, the rate of return has been around 12% historically. This has always been a good investment vehicle. The market is cyclical, and there will always be outside factors that affect the market. However, I believe that the stock market will continue to be one of the best performance investments around.

What other financial advice would you give the alumnae/i of the College?

My advice is to take an active interest in your finances. I really think women in particular need to take an active role. Even if their husbands are in charge, they should be partners in terms of at least understanding what they have as a family.

As most women outlive their husbands, their investments need to be spread over a longer period of time. Therefore, women need to be educated consumers. Before making any major purchase, most women will do research to find the best product, in terms of price and quality. They should certainly do the same with regard to investment. You wouldn't buy a dress on the fly, so don't make a major financial investment unless you are sure it is the right fit for your life, and that it will give you the

return you need to live comfortably for the rest of your life.

What should women do then, if they haven't started already, to become familiar with all these financial matters?

I believe in doing research, in doing homework, in being an educated consumer. Begin by reading *Business Week*. I love *Business Week*. It gives you a real economic forecast of what's going on in the world. Start there, and continue to read. There are also websites where you can familiarize yourself with the options available. Most of these websites have "Frequently Asked Questions" and give easy-to-understand explanations about the types of investments available and how to go about choosing the best ones. They also have information about how to calculate how much you will need when you retire.

If you are not familiar with the Internet, then any good bookstore will have many financial books on the subject of retirement planning and investments. Also, many banks and other financial institutions offer free workshops and seminars on investments and retirement. A small amount of research on your part will be well worth your time and effort in terms of dollars and cents tomorrow, and the day after tomorrow.

John Coyne is Manager of Communications for The College of New Rochelle.

BEFORE MAKING ANY MAJOR PURCHASE, MOST WOMEN WILL DO RESEARCH TO FIND THE BEST PRODUCT, IN TERMS OF PRICE AND QUALITY. WELL, THEY SHOULD CERTAINLY DO THE SAME WITH REGARD TO INVESTMENT. YOU WOULDN'T BUY A DRESS ON THE FLY, SO DON'T MAKE A MAJOR FINANCIAL INVESTMENT UNLESS YOU ARE SURE IT IS THE RIGHT FIT FOR YOUR LIFE, AND THAT IT WILL GIVE YOU THE RETURN YOU NEED TO LIVE COMFORTABLY FOR THE REST OF YOUR LIFE.

FACING [THE CHALLENGE]

Claire Smith OSU SAS'58

Rolling Out for Peace and Justice

Sister Claire Smith's apartment is a study in purposeful chaos — home, office, and warehouse to the tireless Usuline activist. From a chair in the middle of “command central,” she points out over 100 charming music boxes that line bookcase shelves and an oversized clothes hanger buckling under the weight of hundreds of men's ties, all slated to be sold for charity. The refrigerator door is a travelogue of photos and magnets, mementos from her journeys around the world. The computer is cluttered with research to be studied and emails to be answered. Formerly homeless cats saunter in and out looking for treats and attention, stopping to scratch themselves against a motorized wheelchair, the only hint that Sr. Claire is a victim of multiple sclerosis.

It was 30 years ago while playing guitar at a folk mass in Rome that Sr. Claire noticed an odd sensation in her little finger. Soon afterward she had to give up playing as the symptoms in her hand worsened and she could no longer grip the frets on her guitar. Her younger sister had been experiencing similar symptoms and had been diagnosed finally with MS.

“Right after my time in Rome, I came home and had tests done,” she says. “I was in my early 40s at the time. One neurologist assured me, ‘It doesn't run in families, so if your sister has it, you don't.’ But guess what? I did.” The sisters traveled to Washington, DC to the National Institutes of Health to take part in a study of twins and siblings who had symptoms of MS. There, the diagnosis for both of them was reconfirmed. Still later, a third sister would be diagnosed with the disease.

“My mother had polio, so it was wondered whether we might have had a genetic disposition to the disease,” says Sr. Claire. “My fourth sister died in a car accident when she was just 17, so we'll never know whether she, too, would have gotten MS.”

For Sr. Claire, who found exhilaration on the roads less traveled, whose spirit was nourished in the small villages of Ireland and the crowded cities of Japan and Australia, who had celebrated liturgies in Italy lifted by music and song, who had marched for peace in the streets of New York City in the 1960s, being diagnosed with a progressive, debilitating disease was

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[Faced with the prospect of “pulling the covers over my head, saying goodbye to life, and leading a bedridden existence,” Sr. Claire decided instead that her passion for advocacy and activism would simply have to transcend any physical limitations she would face. It was time to imagine her life anew and get on with the business of living.]

By Irene Villaverde SNR'04

[Nothing, no change nor any challenge goes wasted. If you learn something from it, then there's a point to it.]



Pat Miod Kriss '69

Embracing the Unembraceable

Neering the finish line, she feels the adrenaline shoving her forward.

Long, rapid strides. One foot in front of the other, pounding, pounding, pounding as she pulls out in front. Sweat drizzles down the sides of her face, matting her short, blond hair. She is breathing harder with every step. She has no choice but to win this race. She is running for her life. One last leap, and arms raised in triumph, she breaks through the yellow banner marking the end of the triathlon.

That chapter in Pat Kriss' life is the stuff movies are made of. In 1996, on the verge of turning 50, Pat, who had battled weight problems all her life, was diagnosed with a life-threatening genetic disorder which put her just months away from fat-induced liver failure and, ultimately, death. Having lost her mother to heart failure at the age of 48, Pat was determined to reverse her prognosis. With the help of several doctors, she committed to a strict diet and strenuous exercise regimen and began, literally, to run for her life. One year later, Pat had lost nearly 100 pounds and was gearing up for her first 10K race. Over the course of the next few years, Pat would compete in seven road races and three triathlons (taking ribbons for two of the three). But in the fall of 2001, a knee injury would exacerbate symptoms of osteoarthritis of Pat's spine and force an abrupt end to her racing days. Most would consider it a tragic ending to an otherwise triumphant story.

But for Pat, whose own life journey has been riddled with detours taking her down unforeseen, unfamiliar paths, each finish line is simply the starting gate from which to begin anew. And for the woman who believes the most important skill one can possess is the ability to embrace change, each detour has been a gift. "Nothing, no change nor any challenge goes wasted," she says. "If you learn something from it, then there's a point to it."

An only child raised in a neighborhood without children, Pat made a playmate of the mountain behind her home, fascinated by the insects and birds inhabiting the woods. In that space, in her childhood solitude, she first realized the sanctity of nature, its ability to nourish the spirit, and came to believe that nature is "God's signal to us that He's around." It's not surprising that her love of wild, unspoiled spaces would eventually lead her to the Westchester Land Trust where today she is director of development, raising funds to ensure the preservation of fast diminishing woodlands. "Even though scripture says that man has dominion over the animals," she says, "we have to realize that we're all connected on a cellular and spiritual basis with everything around us. And when we start to dishonor any part of that, it only comes back to haunt us."

Though Pat's been a fundraiser in one capacity or another for over 30 years, it was hardly the career she had envisioned when she entered CNR as an art major with plans to teach art for a living. Within two years of graduating, however, art budgets were being cut, and Pat needed to redirect her career plans. "Thanks to my art skills and all of the psychology courses I took at CNR as part of the education program," she says, "I was offered a position at New York Hospital as a geriatric therapist. At that time, certification wasn't required for an activities therapist, but, quite frankly, we were doing occupational and physical therapy and even some forms of group therapy." Pat found that she really enjoyed the interaction with the geriatric patients and felt that she had made a difference in their lives through her work. "It was quite different from teaching," she laughs, "but sometimes you don't pick your

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Sr. Claire leaves campus with her roommate and friend, Sr. Beatrice Sobolewski, MFIC.

Claire Smith, OSU

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petrifying. “My first reaction was ‘Oh God, this is shutting down my life,’” she remembers.

Faced with the prospect of “pulling the covers over my head, saying goodbye to life, and leading a bedridden existence,” she decided instead that her passion for advocacy and activism would simply have to transcend any physical limitations she would face. It was time to imagine her life anew and get on with the business of living.

By the 1980s, Sr. Claire’s marching days were long over, but with the help of her roommate and friend, Sr. Beatrice Sobolewski, MFIC, and her motorized wheelchair, she now “rolled out” to champion peace and social justice causes.

Deeply involved in Campus Ministry’s Peacebuilders movement, Sr. Claire was instrumental in raising student awareness about the abuses taking place in foreign sweatshops and the major corporations that employed them. She then helped the students translate

awareness into action. Information tables were set up on the CNR campus and petitions to discourage Kohl’s department store from selling products made in Nicaraguan sweatshops were circulated throughout the community. When the petitions reached Congress, they contained over 1,000 signatures.

That winter, Sr. Claire took the cause to the streets in a demonstration at the Jacob Javits Convention Center in New York City where a Christmas toy exhibit was being held. “It was all very non-confrontational, but we raised the buyers’ awareness about how sweatshop employees forced to work without protective gloves were being affected by toxic materials used in the making of the toys and how a toy that sells for \$75 in the U.S. is made in a sweatshop by someone making a paltry 20 cents an hour,” she says.

The Survivors Network of those Abused by Priests (SNAP) is just one of several advocacy organizations in which Sr. Claire is actively involved and one that holds deep personal significance for her. After the sudden death of her older sister, Claire, then just 11 years old, was

Pat Miod Kriss

(Continued from page 13)

career, your career picks you.”

Helping others is something that Pat has done for most of her life, even if, at times, it wasn’t what she planned or even wanted to do. “From the time I was a young kid, I found that people in need gravitated toward me,” she says. “And it’s not something you appreciate at the time, because you want to hang with the ‘cool kids,’ but the kids who were not necessarily embraced by that crowd wanted to be with me.”

When she was still in high school, Margie, a young woman with severe cerebral palsy attached herself to Pat. “Margie had hearing aids which at that time were like enormous boxes,” Pat remembers, “And I was the only person she would trust to help her change for gym and things like that.” Margie is just one of the many children who found a confidant in Pat. “At the time I questioned why this was always happening,” Pat says. “But by the time I was in my

20s, I embraced it, because I suddenly realized that I was meeting some really neat people. I think on some subconscious level, it’s a gift that you’re given. Not necessarily one that you want when you get it, but one that you eventually start to appreciate and then even cherish.”

In the mid ’90s, Pat decided to “answer the call that had always been there,” when she was commissioned as a lay minister at her church in Greenwich, CT. The ministry, which Pat describes as a “listening ministry,” trains pastoral caregivers “not to pull or push their care receivers in a particular direction, but to partner with them on their individual journeys.” Several years later, she was encouraged to share her voice as a lay preacher. Once again, she experienced the joy of reaching out to others and the satisfaction of knowing that her sermons meant so much to so many within her congregation. Today, Pat believes that ministering is “an extension of the gift” she realized as a young woman and has begun the process for ordination as a minister with plans to study at the New

York Theological Seminary.

But what about those in need of comfort or counseling just outside the church doors, in the next town, across an ocean? How do you embrace the unembraceable? Pat Kriss found the answer on the web. “I had met a group of people on a spiritual website that eventually shut down,” she says. “At the time, we were essentially doing online counseling, and I decided that I needed to create a community and sustain it. Combining her art skills and background in counseling, Pat created “Birds of a Feather,” a sort of “cyber-ministry” where people can share their thoughts in a chat room or read Pat’s meditations on the “Sparrow’s Meditation Garden” page.

“The website has really served as a lifeline for a group of people,” says Pat. “We have people logging on from South Africa, the United Kingdom, Canada, Australia, New Zealand, Hawaii. There have been nights in the chat room when we had people from virtually every time zone around the world, all talking at the same time.” When a young woman in

victimized by a parish priest who approached her under the guise of providing grief counseling. The abuse went on for years. Claire, like so many other victims, kept silent. It was nearly 40 years later that she finally confided in her best friend, another sister in her Ursuline community. The Community helped her get much needed therapy, and her friend stood by her when she was finally ready to confront her abuser, now a confused old man living in a nursing home. "He barely recognized my name," she remembers. Again, Claire transformed tragedy into triumph, becoming active with SNAP, where today she couples personal experience with psychotherapy and pastoral counseling skills to motivate others to "speak out about the abuse and demand reform."

Continuing to travel despite increased weakness, she visited Ireland several times during the late 1990s to do research on Mothers Irene and Augustine Gill. Working with Sr. Beatrice's brother, noted Irish historian Peter Sobolewski, she traveled to Aughrim in Galway and visited the site of the hedge schools she

believes the Gill sisters attended.

"During that time, the English government wouldn't allow Catholic children to be educated, so tutors and teachers would meet the children behind hedges so as not to be found out," she explains. Sr. Claire believes that attending hedge schools may have had a profound influence on Mother Irene, eventually leading her to establish a college offering higher education to those previously denied access.

When it comes to fundraising, Sr. Claire's skills are extraordinary. In fact, she has been known to parlay small change into hundreds of dollars for the needy. Her secret? "I play the slots," she laughs. "Sr. Beatrice and I collect cans each week from local schools and parks and turn them in for cash." Then about once a month, they head to the casino. Proceeds from their monthly jaunts have benefited the immigrant Mexican community in New Rochelle, organizations such as Meals on Wheels, and others in need of a helping hand. "We heard about a high school senior whose mother, a single parent, couldn't afford to buy

him the suit he needed for graduation," she says. "And with the can money, we were able to help her out."

Sr. Claire is a living example that the life of the spirit and mind need not diminish in the face of physical disability. Thanks to her wheelchair and specially equipped van, donated to her by Mary Ellen Roach Fagan '51, Sr. Claire has traveled to the Bowery to deliver food and clothing to the homeless living over subway grates, collected clothing for charity tag sales, and participated in an all-night "sleep out" on Maura Lawn to call attention to homelessness in America.

Though MS has surely taken much from her, it has also given something in exchange. Reflecting on her battle with the disease, she says, "MS has given me pause to ask what life would be like without it," she says. "I'd probably be running all over the world, and I wouldn't be as present to the things that are really important to me. Life is a beautiful gift that has been given by God, and whatever circumstances happen, it is up to me to respond to this beautiful gift and do the best that I can."

the outback of Australia was on the verge of suicide, Pat and others kept her from taking drastic actions. "We eventually got her to someone who could help, and she got out of an abusive situation.

"What I find extremely loving about the Birds of a Feather congregation is their willingness to support someone they've never met and probably never will in the most intimate ways and with the depths of their souls," says Pat. "It's really quite beautiful."

Now 57, Pat welcomes the fact that life will continue to change, unfolding in curious and sometimes extraordinary ways, but developing finally "just as it's meant to be." After all, she laughs, "You know what they say. If you want to make God laugh, just tell him your plans for your future."

A 2004 graduate of the School of New Resources, Irene Villaverde is Associate Editor of Quarterly and Assistant Director of Publications for the College.

Pat speaks with a colleague at her office at the Westchester Land Trust.



BY DONNA DEMAREST SAS'71

With Loving Care:
The Story of One



My mother died in 2003, at the age of 90, but her illness probably started about ten years earlier. Ultimately she was diagnosed with multiple-infarction dementia, which meant that she was having a series of tiny strokes, transient ischemic attacks. At first we didn't know they were happening, but then we began to see small signs. For example, rather than finishing a sentence, she would shyly giggle at the end of what she was saying, covering up what we now know was her inability to think of the words.

Mom had always been in control of the family finances, and when she began making errors and forgetting to pay bills, my father could not cope. That was the first time that my sister, brother, and I had to step in and help. And that was hard. Mom clearly didn't want to give up her long-time responsibilities. She was still intact enough to feel that we were interfering in her work.

I'm the oldest child, and when I returned to the East Coast in 1999 to be close to my parents, I settled in White Plains, NY, just around the corner from them and close to my brother and his family. My sister, Sue, has lived in Massachusetts for the last 30 years raising her family.

As siblings, the three of us committed to the idea that we would support our parents while allowing them to make as many decisions on their own for as long as they could. We also committed to my dad's wish to keep my mother at home. Dad wanted very much to be in control and to be consulted, and we were always mindful of that, although it was not always easy.

As my mother began to be less and less competent mentally, it was necessary to make changes. At one point, for example, she became paranoid and would lash out at my father. In the middle of the night, she would jump out of the bed in horror: Who was this strange

man beside her? It was, of course, very hurtful to him. She also began to forget us, even forgetting our names. There is something profoundly sad about being erased from your mother's memory. As her confusion increased and she started to wander out of the house, we were also forced to deal with how to keep her safe.

Then one day she had a major seizure. I was at work. Dad was alone with her and, of course, he was terrified when it happened. From that moment on, she really lost the ability to be mobile. It was on that day that we ordered the hospital bed.

By now I had her in the care of a wonderful gerontologist who came to the house regularly to see her. He got us involved with hospice care, which was a tremendous help. Hospice provided us with four hours of care every day, which took care of bathing her in bed and other necessities. In addition, my parents were visited by a hospice volunteer, social worker, and a nurse healer.

My father rarely left my mother's side during all those years, which is absolutely incredible. He sat beside her every day for the last three years of her life. We couldn't get him away, even for a short period of time. He was always there, talking to her, telling her stories from their past, remembering their lives together. Towards the end, she had no

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Family

*Donna Demarest
gazes at a portrait of
herself as an infant
with her mother.*



Often at 8 o'clock in the morning, Dad would call and say, "The home health aide is not here." So I would have to do the morning care for Mom before going to work. For three years of my life, my parents were my first stop in the morning, my last stop at night.

weekend for both my parents. And, of course, we would have to feed, diaper, and often bathe Mom. My dad insisted on learning how to do as much as possible, but I tried to be there so he wouldn't have to do it all.

For nearly three years my sister came down from Massachusetts about once a month to spend the weekend. Her visits gave me a break and provided my dad with company and new stories. A wonderful cook, she prepared enough meals to last for 10 days to two weeks. It was incredibly helpful.

As a family we tried to distribute the tasks equally. But, there were still these subtle little feelings like: is everyone doing their fair share? Who's doing more? Is she doing more than I am? Is he holding his own? Am I? It's tough on a family, even a family that's organized and functional, but none of us know how we will respond to all the new pressures. First of all, who will be the primary caregiver? Who's going to take care of the caregiver? That's a really tough family issue.

Since I am a nurse, there was a sense in the family that I would take care of all healthcare-related issues. I was the logical person to be giving physical care, to be concerned about Mom's medical, physical, and emotional needs. If the home health aide didn't come, then I would be there. If it seemed necessary to call a physician, I would make that decision. So there were times when I felt stressed. I kept thinking: Am I the only one? Who else is here? Why isn't my brother doing more? Why isn't my sister here more often? I found myself feeling that way, and I had to stop and reflect: Now, wait a minute. We have some real-

With Loving Care

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idea, of course, who he was, but he kept talking, kept telling her stories, kept reaching out to her in every way that he could. And every once in a while she would squeeze his hand as if she, too, was remembering.

In retrospect, I'm not sure what we would have done if he hadn't been there. I would have had to quit my job, certainly. Those were difficult days. The home health care industry, for example, is an experience in itself. Home health aides are paid very little, and as a result they're frequently not reliable. Often at 8 o'clock in the morning, Dad would

call and say, "The home health aide is not here." So I would have to do the morning care for Mom before going to work. For three years of my life, my parents were my first stop in the morning, my last stop at night.

When my mother began to fail, it put a lot of stress on all of us, but especially on Dad. The issue of my siblings and I contributing financially as equals, for example, became a problem as we were not all equally able to afford all that needed to be done. There was also the care of the two-story house, our family home, for which my brother had become largely responsible.

I would do a lot of cooking on the

ities to deal with here. My brother is not capable of doing some of these things that I need to do. I am the logical person to handle our mother's care.

There is a certain amount of guilt you feel when you aren't directly involved. I think my sister went through that, and I know my brother felt he probably should have done more. But he couldn't. It wasn't realistic. He did his part. He visited each evening to spend time with Dad.

In the last year of her life, we sold my parents' home in White Plains, and Mom and Dad moved to Massachusetts to live with my sister and her husband. Now I was traveling to visit them. It was my time to support Sue and help her so she didn't feel alone. We all accepted the fact that this was a shared responsibility, but there were times, of course, when we all thought it seemed a little lopsided and burdensome.

By now mother was no longer communicating with anyone. I had learned somewhere in my nursing background that a woman, an elderly woman, would sometimes respond to an infant when all other pathways of connection were closed, so I bought the smallest little baby doll I could find and presented it to her, and she loved it. If I had to take it from her because we had to do something, she would become visibly agitated. It was wonderful that she had the doll, and it was very gratifying for me to know that I finally found something that

could comfort her.

My mother died at home with all of us there. I had gone up to Massachusetts because Mom had stopped eating, and I knew it was close to the end. I am so grateful that I was there.

It was about 3 o'clock in the morning. My father was sleeping right next to her in the same room, and he came to get me. "Your mother is making strange noises," he said.

I ran downstairs and realized that she was dying. The hospice service provides a kit, and I went immediately to the kit and got some medication to put under her tongue to ease her breathing. All the while, I kept trying to explain to Dad what was happening, but it wasn't clear that he understood.

We all sat together at her bedside with Dad holding her hand until six in the morning when she took her last breath. I remember the sun was just breaking.

My dad has had a very hard time dealing with his loss. What I didn't know was that in all his life he had never seen a person die, and now his wife had died, the woman he had lived with for 67 years. It was very traumatic for him. Now at 94, he continues to mourn her loss, and while we try to keep him occupied with our families, he really wants to be with her.

As we all do when we reflect on the loss of a parent or any loved one, we wish we had done some things different-

ly or wish that we could be given the opportunity to say one last thing. I wish that I had spent more time with my mother. I wish that I had been more persuasive and less angry relative to my parents lack of planning and direction about their final days. But the things I wanted to do were things my parents didn't want. The things I wish had been different were not what they wanted. They didn't want, for example, to go to a skilled living facility. And perhaps ultimately that might have been worse. Maybe the best that we could have done is just what we did—make the commitment as a family to keep them together at home.

We have made this same commitment with our father. We will keep him at home.

So, finally, I guess, this isn't my story, or the story of my sister and brother, and what we did for our mother as a family. This is really my father's story and what he did to take care of his wife, our mother, in the last years of her life. It is also a family story that has been repeated over and over again for generations as families of every culture, every ethnicity find ways to care for their elders. It is a generational responsibility.

A graduate of the School of Arts & Sciences, Donna Demarest is the dean of the College's School of Nursing.

Since I am a nurse, there was a sense in the family that I would take care of all health-care-related issues. I was the logical person to be giving physical care, to be concerned about Mom's medical, physical, and emotional needs. If the home health aide didn't come, then I would be there. If it seemed necessary to call a physician, I would make that decision.

Advice From Someone Who's Been There

- Know the resources available in your community
 - gerontologists
 - nurse case managers specializing in geriatrics
 - private social workers
 - Alzheimer's Association (serves as resource for all dementias)
 - elder law attorneys
- Seek out appropriate support groups in your community
- Make your own plans/wishes known regarding end-of-life issues
- Support the caregiver(s)
- Learn about Medicare and Medicaid insurance programs—benefits, eligibility
- When it becomes necessary, selecting the right nursing home can be painful. The American Health Care Association can be helpful. Contact AHCA at 1201 L Street, NW Washington, DC 20005.



1,382 Receive Degrees at Commencement

Husband and wife Tim Russert and Maureen Orth address graduates

It was the culmination of two weeks of celebration, of dinners, and masses, and hooding ceremonies. And more importantly it was the culmination of years of hard work. It was the 98th Commencement of The College of New Rochelle, when 1,382 women and men from across the College's four Schools descended on the majestic and historic Radio City Music Hall in late May to receive their degrees as part of the College's Class of 2005.

Greeting the graduates, as well as their families and friends, CNR President Stephen Sweeny said, "I know that each of you has a very important story, and you cannot and should not be enveloped and made anonymous by the size of your class or the scope of these proceedings. Rather we celebrate each of you and in each of you your God given talents bringing you to the achievement of this degree."

Delivering this year's Commencement address, the College was privileged to welcome Maureen Orth, Special Correspondent for *Vanity Fair*, and Tim Russert, Senior Vice President and Washington Bureau Chief for NBC News and moderator of *Meet the Press*, who offered the graduates their advice for the future.

"Certainly you have been privileged to be educated in such a caring and stimulating environment. One that teaches you daily to strive for excellence, serve others, and gives you wisdom for life," observed Maureen Orth. "But now what? Give yourselves permission to become engaged. To be interested and interesting. What good is a college education if it hasn't taught you to think outside your major, to care about issues and people who are not directly related to you?"

Advising those gathered to take time to dream, she continued, "There is such an emphasis today on work, work, work. But time outs are important too; to dream, to think, just to talk about the things that really count in life – character, morality, honor....

"God gives every one of us a little bit of magic to develop. To some exceptional people He gives remarkable courage, and sooner or later all exceptional people, whether Caesar Chavez or Rosa Parks, have to grow confident enough to stand up sometimes to challenge authority, to take the hard right over the easy wrong, otherwise change cannot occur."

Speaking of the years she spent in the Peace Corps as a young woman, she described the school in Medellin, Colombia, Escuela Marina Orth, named in her honor, which she helped build and which she is now trying to convert into the first bilingual school in Medellin.

"Had I not taken the leap into the unknown those many years ago none of this would ever have happened," said



Maureen. "Nor would I have learned so many skills that are really necessary in journalism from listening well to being able to try to fit in at any level."

Following his wife to the podium, Tim Russert shared stories of the lessons he had learned in life from his parents and his teachers – discipline, persistence, preparation, accountability. "The values you have been taught, the struggles you have survived, the diploma you are about to receive have prepared you to compete with anybody anywhere," he said.

He spoke of Mother Teresa, a young girl who lost her father at age eight, and left home for India as a teenager, Lech Walensa, the son of a carpenter who transformed Poland from communism to democracy, Nelson Mandela, who

spent 28 years in prison to "prove one central point – we indeed are all created equal," and the police, fire, and rescue workers who "redefined modern day heroism" on September 11.

"All these men and women have one thing in common with you," he said. "Like the past, the future leaders of this country and this world will not be born to the blood of kings and queens, but to the blood of immigrants and pioneers. It is now your turn. You'll have the opportunity to be doctors and nurses and lawyers, bankers, accountants, social workers, soldiers, journalists, entrepreneurs, business people, teachers, and more. And in those vital professions your contributions will be enormous. You'll save lives, provide prosperity, record history,

(Continued on page 22)

Photos Page 20 from left to right:

Husband and wife Tim Russert (pictured at far left) and Maureen Orth (pictured on left in second photo with Tamra Sheehan SAS'05 and Cynthia Alfano SNR'05 prior to the ceremony) addressed the Class of 2005.

Samantha Young spoke on behalf of the SAS Class of 2005 during the hooding and awards ceremony.

Photos Page 21 clockwise from top left:

Receiving honorary degrees at this year's Commencement were Cicely Tyson (second from left), Maureen Orth (second from right), and Tim Russert (far right) pictured here with Board Chair Michael Ambler (far left) and CNR President Stephen J. Sweeny (center).

SAS senior Maggie Disla is hooded by Dr. Elisabeth Brinkmann, RSCJ, Assistant Professor of Religious Studies.

SAS graduates Leslie Gonzales and Isaura Nunez.

CNR President Stephen Sweeny congratulates SNR graduate Wilda Neifa during the DC-37 Campus Hooding Ceremony.

Dr. Geraldine Valencia Go, Associate Professor of Nursing, (right) poses with nursing graduate Idalkis Ramos, RN.



prevent disease, train young minds, and you will succeed and you will make a difference simply by accepting the fact that your families and your education and your values have prepared you for this challenge as well as anyone in this country.”

While encouraging the graduates to enjoy themselves and their success, he also went on to charge them to “remember the people struggling alongside you and below you, the people who haven’t had the same opportunity, the same blessings, the same College of New Rochelle education.... In fact, indeed no exercise is better for the human heart than reaching down to lift up another person.”

Following their inspiring speeches, Maureen Orth and Tim Russert received honorary degrees from the College, along with award-winning actress Cicely Tyson.

Maureen Orth and Tim Russert were

lauded for individually and collectively sharing their commitment to truth and justice. “Using the different media, print and television, each of you committed to careful and thorough research continually informs and motivates Americans to knowledgeable engagement as responsible citizens,” said Dr. Joan Bailey, Senior Vice President for Academic Affairs, during the presentation.

Describing her as a woman who represented success without compromise, Cicely Tyson was acknowledged by Dr. Bailey for the “positive impact of outstanding dramatic performances and for being a shining model of a woman of conscience whose lifelong advocacy and profound commitment to human rights have powerfully impacted our society and made our world a better place to live.”

Then at last it was the graduates’ moment in the spotlight as each crossed

the stage, some with a few dance steps, some with waves to their families, to receive their degrees and congratulations from President Sweeny. Another year, another class of graduates, and yet another abiding testament to the strength and continued vitality of The College of New Rochelle, now entering its 102nd year, a college further strengthened by the 1,382 new graduates that now call it alma mater.

— Lenore Carpinelli

*Photos clockwise from top left:
Nancy Rosa and Lizette Cheatwood at the SNR John
Cardinal O’Connor Campus Hooding Ceremony.*

*An SNR graduate celebrates with his family outside
Radio City Music Hall.*

SN student Rose-Marie Desir celebrates her achievement.

*During the Graduate School’s Celebration of
Achievement graduates light candles to symbolize the
light of knowledge and the wisdom they have received
in the CNR learning community.*

New SAS Program Pairs Students and Faculty on Research Projects

At many colleges, the opportunity for freshman students to conduct research is rare. Rarer still is the opportunity to undertake that research one-on-one with a faculty mentor. However, because of the new Student-Faculty Research Program, two School of Arts & Sciences students have already had that opportunity and several more will be taking advantage of it in the fall.

"When we launched the program in September 2004, our goal was to identify outstanding freshman students and provide them with the opportunity to do rigorous research during their undergraduate college careers under the guidance of key faculty members," said Dr. Richard Thompson, Dean of the School of Arts & Sciences. "Since then, the feedback from participating students and faculty mentors has been extremely positive. We look forward to the upcoming academic year when students will have ten projects for which to apply."

During its inaugural year, the program paired Shonda Gaylord with Dr. Faith Kostel-Hughes, Assistant Professor of Biology, and Blanca Paccha with Dr. Lynn Petrullo, Professor of Biology.

"Students pay a lot of money for their science textbooks each semester and often do not question where all of that information comes from....," says Dr. Kostel-Hughes. "By participating in research, students begin to realize that our understanding of science happens study by study, piece by piece.... They

begin to see the magnitude of effort that has gone into, and continues to go into, developing the body of knowledge that so often is casually referred to as 'scientific fact.'"

Shonda and Dr. Kostel-Hughes have spent the past year studying the impact of non-native earthworms (earthworms transported by humans intentionally or accidentally to distant new areas) on eastern deciduous forests, mainly in Westchester.

"The impact of non-native species can be so severe that a recent report by NASA declares that non-native species constitute the biggest threat to conservation in the twenty-first century," says Dr. Kostel-Hughes.

As part of their research, Shonda and Dr. Kostel-Hughes have been collecting worms and comparing the soil composition at Marshlands Conservancy in Rye, NY, to soil samples from other areas where there is little or no earthworm activity. Having identified the worms in Rye as *Amyntas* earthworms, which are native to Asia and known to cause considerable destruction, Shonda and Dr. Kostel-Hughes plan to sample more extensively in order to fully determine the consequences of the worms' activities on the structure, function, and species composition of these forests.

Meanwhile, Blanca and Dr. Petrullo have undertaken a project on eugenics, studying how genetic determinism has been, and continues to be, popularized in the media.

"The use of sensational family stories to intrigue the public and thus simultaneously educate them was a means used successfully by proponents of the eugenics movement in



Dr. Faith Kostel-Hughes and Shonda Gaylord collect worms at Marshlands Conservancy in Rye.

the early twentieth century," says Dr. Petrullo. "In addition to books, newspaper articles, and television shows, the internet has proven to be an effective means to propel ideas of genetic determinism today."

During the past year, Blanca focused her research on the story of Christopher Pittman who was recently convicted of murdering his grandparents. His defense team contended that Christopher carried a genetic defect that made his use of the antidepressant Zoloft toxic to him and thus explained his behavior.

Blanca plans to continue her research with Dr. Petrullo, studying a family story from a historical perspective and even accompanying Dr. Petrullo to the Eugenics Records Office in Philadelphia.

And while both Shonda and Blanca will be continuing their research with their mentors this coming year, they will be joined by new students from a wide variety of disciplines, including psychology, art, and social work, who will be partnering with their own faculty mentors to study topics ranging from forensic psychology to the factors affecting the reporting of child maltreatment.

— Lenore Carpinelli



Dr. Lynn Petrullo and Blanca Paccha discuss their research into eugenics.

Day of Service Brings Inspiration to CNR Community

“Go in with no expectations other than that you are there to work for the benefit of someone who needs it. Put your tools, talents, skills, humor, compassion, and muscles to work,” said Sharifah Harvey, Health Records Coordinator, after spending the day volunteering at Angela House and perhaps best capturing the essence of the College’s Community Service Day in April.

Held for the first time last year in honor of the Centennial, the tradition of Community Service Day was repeated this year with faculty, staff, and students from across the four Schools and six campuses fanning out across New Rochelle and New York City to volunteer at more than 20 different organizations, ranging from Habitat to Humanity to Hale House, from local nursing homes to schools. From playing soccer

with inner-city children, to delivering food to the homebound, to pitching in to construct affordable housing, the help that was provided was diverse but the response by day’s end of those that participated was universal—intense gratification.

“At the end of the day, our bodies were sore but our spirits were vitalized and invigorated,” said Silvana Bajana SAS’85, Director of Purchasing, who spent the day measuring and erecting walls at a Habitat for Humanity site on 128th Street in Harlem. “While we may never see these families, it is rewarding to know that in some small way we were able to provide shelter and hope to a fortunate family.”

Dr. Elisabeth Brinkmann, RSCJ, Assistant Professor of Religious Studies, SAS, was thrilled to be able to share her

talent on the violin with children in the Songcatchers after-school program. In fact, Dr. Brinkmann came away so inspired by the experience that she plans to continue to volunteer with Songcatchers regularly.

And that feeling seemed to be echoed by many who volunteered their services. Says Helen Wolf, Director of Campus Ministry, who organized the day’s activities, “It’s always a moving experience to see people get excited about helping others. I helped with the planting of a new garden at Angela House, which still needs to be finished. Every person on the ‘crew’ asked to be invited back on that day because we met some of the residents and their children. When a human face is put on an act of service, how can one help but want to do more?”

— Lenore Carpinelli



Left: Dr. Marya Howell-Carter, Counseling Psychologist, takes a measurement while volunteering with Habitat for Humanity.

Top left: Dr. Frank Rizza, Assistant Professor of Career Counseling, GS, who spent part of the day helping young children at the YMCA do homework “really appreciated the opportunity to ‘give back’ to the community, and through the community to God.”

Top right: Judith Balfé SNR’89, GS’91 & ’97, Director of Marketing and Recruitment, SNR, found tutoring women learning English at Mercy Center in the Bronx enlightening, remarking “I kept imagining myself in a culture where I could not speak the language. It was daunting.”

Above: “Music, playing the violin is something I do for fun and for myself,” said Dr. Elisabeth Brinkmann, who spent the afternoon teaching children at Songcatchers the violin. “It never occurred to me that there might be a service project that would allow me to share what I love to do.”

Sr. Pascal Conforti (left) and Sr. Maureen McCarthy, seen here with Sr. Martha Counihan, OSU '67 (center) discussed the AIDS crisis during a lecture sponsored by the Ursuline Institute.



Two Bronx Nuns in Botswana

Last February, with cold wind swirling around the Mooney Center and several inches of snow blanketing the New Rochelle Campus, two Ursuline sisters, both alumnae of CNR, spoke in crowded Romita Auditorium about sub-Saharan Africa, tracking elephants in the Okavango Delta, death and dying in Botswana, and the work they do daily in the heart of New York City to stop the devastating effect of HIV/AIDS.

These sisters gave the annual winter lecture of the Ursuline Institute. The Institute was established in 1987 to promote the ideals and values of the founders of The College of New Rochelle and to demonstrate how Ursuline sisters continue their special ministry.

And special ministry it is indeed.

Sr. Pascal Conforti '56 and Sr. Maureen McCarthy '61, "two Bronx nuns" as they called themselves, gave a visual presentation of their trip to Botswana, the small African nation that has the second highest rate of HIV/AIDS in the world.

Sr. Pascal Conforti, Director of Pastoral Care and Mission Effectiveness at St. Vincent's Midtown Hospital (formerly St. Clare's), was a history professor and Dean of Students at CNR until she "changed careers" 18 years ago.

Sr. Maureen McCarthy taught first grade before entering the Ursulines and

studying nursing and midwifery. For the last eight years, she has been Director of Midwifery at St. Barnabas Hospital in the Bronx.

The nuns traveled to southern Africa at the invitation of Dr. Daniel Baxter, a specialist in infectious diseases, who had worked at St. Clare's with Sr. Pascal.

"It was his hospitality," said Sister Maureen, "that provided us an entrée into the lives of the people who had been so affected by this terrible disease. He opened his hospital, he took us into his clinic, and he invited us into the lives of the people. He helped to expand our horizons and our vistas."

Both of these dedicated Ursulines were quick to point out that they themselves were not "the real thing," and spoke of other Ursulines who have been working in Botswana and South Africa for more than four decades. Sr. Fran Lyle '46 of CNR, for one, spent nearly five years in South Africa working in

townships during apartheid. Today, she is a member of St. Teresa's Community and works as Assistant Registrar for Academic Records. Sr. Christine Pratt '50 and Sr. Ann Marie Kelleher, both members of the St. Teresa's Community, each spent over 30 years in Botswana, as did Sr. Gregory Horgan '40, a resident of the Andrus Community in Hastings. The sisters worked in Serowe, Botswana, where the Ursulines work with women and provide teacher training and aid for handicapped children.

Sr. Pascal and Sr. Maureen are deeply involved now with the treatment and prevention of HIV/AIDS in New York. Sr. Maureen has been a nurse midwife for 25 years, working mostly in Harlem and the South Bronx and saw her first case of a pregnant woman with HIV/AIDS in 1985.

"We have made tremendous strides since that day," she told the audience, "wonderful news for us, but what of the developing world that continues to be ravaged by AIDS? In sub-Saharan Africa, of which Botswana is a part, more than 2 million people died of the disease last year."

However, not all the news from Botswana is bad, according to Sr. Maureen. The nation is the first in Africa to start providing antiretroviral therapy on a national scale. In January 2002, the government launched a program called Masa, which means "new dawn" in Setswana, the language of the country, in order to expand access to ARV therapy. Implementation started in Princess Marina Hospital in Gabarone, where the Ursulines visited in the summer of 2003, and has since expanded to at least 23 sites, including Serowe.

This year, Sr. Maureen said, the theme of World AIDS Day 2005 is "Stop AIDS, Keep the Promise." "If the promises that have been made around the world are kept," she said, "then a real difference will be made to millions of people's lives. So keep the promise."

These two "Bronx nuns" and many other Ursulines like them, are keeping that promise as they continue their special ministry.

— John Coyne

Teaching Peace, Not Violence

In introducing Colman McCarthy as the 2005 speaker at the Presidential Lecture of the Westchester Consortium for International Studies, Dr. Richard Thompson, Dean of the School of Arts & Sciences, remarked that “everyone’s a pacifist between wars. It’s like being a vegetarian between meals. Colman McCarthy, however, is the real thing.”

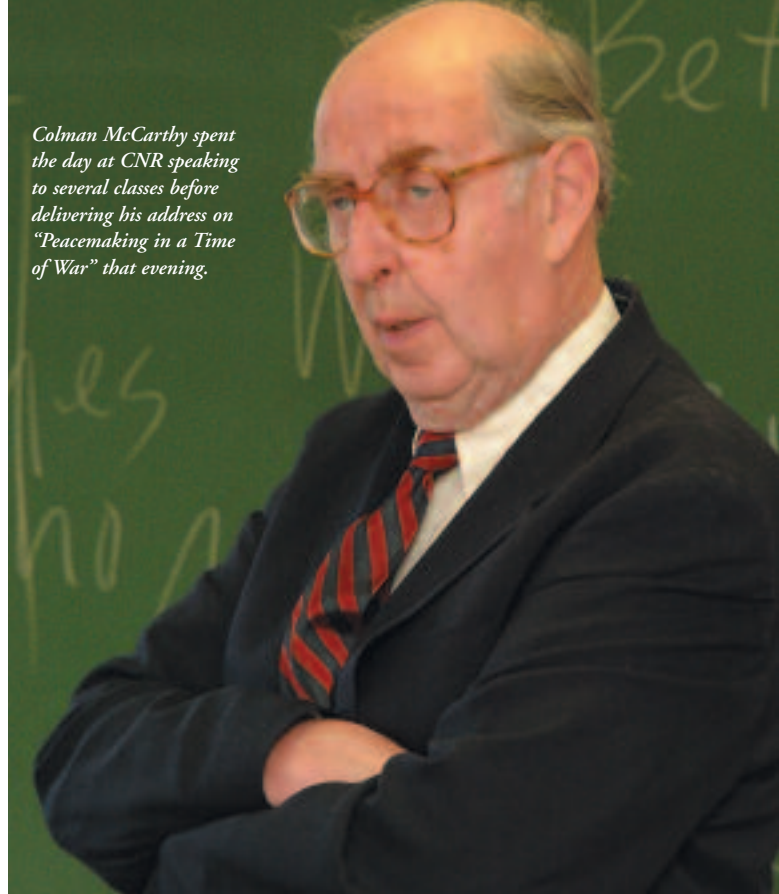
A pacifist and a vegetarian, Colman McCarthy is also an author, journalist, and founder of the Center for Teaching Peace. He brought his message of peace and service to the campus of CNR on April 12, speaking to students during the day and that evening addressing an audience of 150 students, faculty, and alumnae/i in the Student Campus Center on the topic of “Peacemaking in a Time of War.” This annual lecture of the Consortium was hosted this year by The College of New Rochelle and co-sponsored by Marymount College of Fordham University and Manhattanville College.

McCarthy, whose mother-in-law is Alice Russell Deegan ’38, is the author of *Involvements: One Journalist’s Place in the World*; *All of One Peace: Essays on Nonviolence*; and *I’d Rather Teach Peace*. For more than twenty years, he was a syndicated columnist and editorial page writer for *The Washington Post*. His writings have appeared in such magazines and journals as *The New Yorker*, *Readers’ Digest*, *The National Catholic Reporter*, *The Nation*, and *The Progressive*.

Seasoning his profoundly insightful remarks with a dry wit, in both his classroom visits and in the evening lecture, McCarthy is a passionate advocate for high schools, colleges, and universities to teach peace with the same intensity that they teach English or algebra. “Unless we teach our children peace,” he told his audiences, “somebody else will teach them violence.”

For Colman McCarthy the solution clearly lies in the classrooms of America. “We have 78,000 elementary schools, we have 28,000 high schools, and we have 3,100 colleges and universities in this country. All of these schools, without exception, ought to be teaching the basics of conflict resolution, mediation, and peace studies.” In line with his view, he challenged The College of New Rochelle to develop courses in

Colman McCarthy spent the day at CNR speaking to several classes before delivering his address on “Peacemaking in a Time of War” that evening.



peace studies, saying, “If we keep telling our students that peace is the most important thing in the world, why aren’t we teaching it? And if we don’t teach it, they won’t know about it.”

Also focusing on the theme of service learning during his talks, McCarthy declared, “What makes us happy is service to others. Too many schools ignore exposing their students in community service, and as a result we graduate people who are idea rich but experience poor.”

Speaking at the College during CNR’s Community Service week, he praised the work of both Helen Wolf, Director of Campus Ministry, and Father Joe Flynn, Chaplain, saying that their campus service program “is really the soul of CNR. It is the soul of the campus.” He urged students, upon their graduation, to “join the Peace Corps, join the Jesuit Volunteer Corps, join the Lutheran Volunteers.”

Having urged CNR to create a curriculum in peace studies and encouraged the students to continue to volunteer, he remarked that his mother-in-law had been telling him for years that he wasn’t yet ready to speak at CNR. “You’ve got to do a couple of warm-up laps, she told me,” Colman explained. “So I did. I talked at Harvard first. I talked at Yale. I worked my way up to The College of New Rochelle, and now I finally made it to the top.”

And then, as he had done in all of his classroom visits, he closed his lecture by telling the audience the simple mantra that guides his life every day: “Go do some good deeds in the world, tell someone you love them today, and do a favor for someone who cannot thank you for it. Thank you for doing that for me.”

Thank you, Colman McCarthy.

—John Coyne



CNR Community Takes Back the Night

Dozens of CNR students, faculty, and staff did their part to "take back the night" during the 2nd Annual CNR "Take Back the Night" event sponsored by the campus chapter of Amnesty International, the CNR Community Task Force, Student Development and Programs, and the Women's Studies program to raise awareness of violence against women, children, and families. Following a candlelight march across campus, the group addressed ways to end violence against women in Maura Ballroom with guest speaker Karen Coleman, RN, SANE-A, Westchester County Sexual Assault Nurse Examiner Coordinator.

Shadow Box Performed at CNR

In April, the College's drama group presented the award-winning play *The Shadow Box*. Set in a cabin in the northern California red-woods, *The Shadow Box* focuses on the life-affirming sensibility that often comes to those diagnosed with terminal illness.



NEW TRUSTEE NAMED

In May, James Plowden-Wardlaw was named to the College's Board of Trustees. An attorney who is currently 'of counsel' at Bosworth, Gray and Fuller in Bronxville, NY, Mr. Plowden-Wardlaw has also practiced law with the firms of Gifford, Carter & Hays and Baker, Nelson & Williams in New York City, and with Meade, Wasserman & Plowden-Wardlaw in New York City and Paris, France.

The author of *U.S. Business Law for the Foreign Executive*, he is the former president of the Manhattan Institute of Management and has served on the Panel of Arbitrators of the American Arbitration Association and the Board of Arbitrators of the National Association of

Securities Dealers.

Involved in a variety of civic activities, Mr. Plowden-Wardlaw is the president and a trustee of the Center for Cultural Awareness in Global Business and has served as managing director and a trustee of the Foundation for Global Management Studies. He is also an observer for the Anglican Communion at the United Nations and the co-chairman of the African Action Study Group Committee at St. James Church. Mr. Plowden Wardlaw has an undergraduate degree from the University of Virginia and his juris doctorate from Columbia University School of Law.



New Graduate School Dean Named

Dr. Guy E. Lometti has been appointed Dean of the College's Graduate School. He will succeed Dr. Nancy Brown who departs at the end of June after a 13-year career at CNR.

"Dr. Lometti is a highly experienced, committed educator," said CNR President Stephen Sweeny. "His excellent interpersonal skills, clear understanding of the mission-driven nature of the College, and scholarly and interdisciplinary background will inspire cooperation, confidence, and creativity in the faculty at the Graduate School."

The founding Dean and Professor of the School of Communication and The Arts at Marist College, Dr. Lometti has previously served as Professor of Journalism and Mass Communications at the University of South Carolina and as Assistant Professor and Director of Research at West Virginia University. He co-chaired Marist's Educational Programs and Curricula Committee for the College's Middle States 10-year re-accreditation and has worked for ABC Television Network Group, Capital Cities/ABC, Inc. as Associate Director of Social Research. A former United States Army aviator and intelligence officer, Dr. Lometti is fluent in Spanish and French.

Dr. Lometti was graduated from The Citadel with a bachelor of arts in modern languages, Queens College with a master of arts in communication, and from the University of Wisconsin-Madison with a doctorate in mass communications.

UNDER THE BIG TOP

at the Castle Gallery

Children ran across the lawn to the popcorn and candy cotton machines, jumping up and down as the vendor handed them sweets. Adults giggled at the sight of the bearded lady and fortune teller strolling past an enormous mouse trap and “the world’s biggest clown shoes.” If you closed your eyes, you could imagine the tinny sounds of a calliope and the shouts of a sideshow barker. It might not have been under a big top, but for those on hand for the opening of the Castle Gallery’s final show of the 2004-05 season, it certainly was the greatest show on earth.

On April 10, Castle Gallery officially opened *From Venice to Vegas*, an exhibit of circus memorabilia and rare artifacts from the private collection of Earl “Mr. Clown” Chaney, former Ringling Brothers and Barnum and Bailey Circus clown and the original “Ronald McDonald.” To the delight of those at the opening reception, Mr. Chaney was on hand—in full costume—to greet guests and talk about his private collection on public display for the first time.

Jennifer Zazo, Castle Gallery Director and curator of the show, first met Earl Chaney in Las Vegas, NV, when she visited his magic shop, Planet



Gallery Director Jennifer Zazo and Earl “Mister Clown” Chaney

Mirth, and struck up a conversation about his life in the circus.

“When I told him that I was director of a gallery and curating my first show (Black Madonna),” says Jennifer, “he invited me to go “behind the scenes” to the back rooms of his shop where he had his circus collection. As soon as I saw it, I knew it would be a great opportunity for the Castle Gallery.”

Several months later, Jennifer returned to Las Vegas and began the painstaking job of selecting pieces for the show from the thousands of items in Chaney’s collection. The world’s largest pair of clown shoes were a must, as were items from Chaney’s 20-year stint as Ronald McDonald, including Ronald’s costume and wigs. Colorful vintage posters, photographs of notable circus folk, a sequined elephant costume, and aerialist Antoinette Concello’s mouthpiece also made the cut. “I felt it was important to

choose items that depict women’s contributions to the circus as well,” says Jennifer.

Though the circus exhibit fills all three rooms at Castle Gallery, it only represents about 10 percent of Chaney’s entire collection, a collection which he is determined to preserve for future generations of children who might not otherwise experience the joy that the circus brings.

“The circus is a dying art,” says Chaney. “Very soon we won’t have circuses. We won’t have animals and clowns and the big tent. It is all passing into history. We need a museum to keep all of this history before it disappears....”

In the meantime, Earl Chaney is grateful for the opportunity the College has given him to share his world with others. “Coming to CNR was like a dream come true,” he says. “When I walked in the door of the Castle Gallery, it made me feel the way I always felt about clowning: it makes you smile. How can anyone who walks into this show not smile?”

— Irene Villaverde



Mister Clown chats with Elaine Donovan Blair ‘64, GS’94 and Sr. Mary Jane Robertshaw, OSU ‘51 during the opening reception.



Dozens of children were treated to a magic show by Mister Clown, as part of the events held in conjunction with the exhibit.

Dr. Anderson Franklin Speaks at Rosa Parks Campus

When Regina Romero Boyd graduated from the School of Arts & Sciences in 1947, one of the first African American women to do so, she couldn't have guessed that almost 60 years later, a member of her own family would be addressing the students from CNR's School of New Resources. This winter, Mrs. Boyd's son-in-law, Dr. A.J. Franklin, psychologist and noted author of *From Brotherhood to Manhood, How Black Men Rescue Their Relationships and Dreams from the Invisibility Syndrome*, addressed a group of about 100 students at the Rosa Parks Campus in Harlem. Dr. Franklin, who has been associated

with CNR in the past as an instructor at the Co-op City Campus, was invited to speak by the campus student organization "Brother to Brother."

A Professor in the Clinical and Social Personality Psychology Programs at the Graduate School and City College of the City University of New York, Dr. Franklin is also a psychotherapist in private practice, and has run a therapeutic support group for Black males for many years.

In *From Brotherhood to Manhood*, Dr. Franklin recounts his own experiences and shares the stories of other African American men he has counseled. The

book addresses the misrepresentation of the African American male, allowing stereotyping to make one "invisible" and the need "... to become visible...on our own terms." During his talk, Dr. Franklin spoke of the phenomenon of invisibility, saying, "We create it, in our heads and in our hearts. Brotherhood protects, but it is not sufficient for good survival. Manhood is a commitment of leader-

ship and responsibility to community and family."

At the book signing following Dr. Franklin's talk, students and faculty alike were eager to comment. "I really got a lot out of that talk," said one student, "He had a lot of important things to say, things we need to hear." A faculty member commented, "It's so important that the School of New Resources has a campus right here in Harlem where our students can have the benefit of scholars like Dr. Franklin."

— Judith Balfe

Dr. Anderson J. Franklin, author of From Brotherhood to Manhood, poses with SNR Dean Elza Dimwiddie-Boyd (bottom) and speaks to students, faculty, and staff at the Rosa Parks Campus (top).



Far Rockaway Extension Site Continues to Flourish

Far Rockaway students were spilling out onto the sidewalk in front of PS 198, happy that the last spring semester class was over, busy chattering about the summer and fall classes yet to be taken. May 25 was the end of the first year of the extension site, and the student body has grown by leaps and bounds.

When the Brooklyn extension site opened in spring 2004, there were 38 students; at the end of spring 2005 semester, that number had more than doubled and additional classes had to be added, all of which meant that the site was fast outgrowing its location at PS 198. And, as enrollment grows, courses are being added to allow students to continue to work toward the requirements needed for their degree. To accommodate the expanded student body, the site will be moving to a larger, more private space at PS 153.

Students from the area are thrilled that The College of New Rochelle has come to the Rockaways. One student remarked, "We really had nothing out here for higher education, and it's not that easy to go into Brooklyn, or other places, after working all day."

"I'm really glad I came to find out what this is all about. I never thought I'd go to college, and yet, here I am," says retired firefighter Paul Ehret, who was inspired by his friend, Marilyn Mink, to enroll in SNR.

Other students just finishing their first semesters were also eager to share their impressions. "I feel that I have grown intellectually," says Patricia Bradley SNR'09. "I am making recruiting for CNR one of my priorities because I know that the more students we have, the better our chances are of the College continuing in Far Rockaway. This may be my only chance to fulfill my dreams. Thank you, CNR!"

— Judith Balfe

We Remember...

Sidney P. Mudd



When Sidney Mudd, past member and Chair of the Board of Trustees, passed away on May 27, 2005, at the age of 88, the College lost an extraordinary friend of more than four decades. At a time of great challenges and tremendous expansion for the College in the late 1960s and early 1970s, Sidney Mudd was a man of vision and wisdom who gave generously of his time, and

in so doing, set The College of New Rochelle on a course that has brought it into its second century as a vital, vibrant institution of higher learning.

Under his intelligent and conscientious chairmanship, the College honored its traditions and moved forward. Awarded an honorary degree from the College in 1974, Sidney Mudd was described as a leader who was known for listening to and trusting those with whom he collaborated and for his great respect for the talents of others.

Sidney Mudd was a man rich in humanity, whose profound Catholic faith gave foundation and shape to his integrity. He was also a man deeply devoted to his family—his wife Ada and his seven children, three of whom attended CNR themselves, Ada Mudd Murray SAS'67, Lainie Mudd Wallace SAS'75, and Elizabeth Mudd Rosen SAS'78.

"He believed passionately in the mission of the College, and with gentle, steady hand led us to new heights..." said CNR President Stephen Sweeny.

May he rest in peace.

Sharwyn Dyson

In 1980, Sharwyn Dyson came to The College of New Rochelle as an adjunct instructor at the Brooklyn Campus of the School of New Resources. A quarter of a century later, we mourn the loss of this well respected member of the College Community, who passed away suddenly on March 25, 2005.

After teaching at SNR for three years, Sharwyn joined the staff full-time as director of language arts and a member of the Instructional Staff at the Brooklyn Campus in 1983, before moving to the New York Theological Seminary Campus. For more than 20 years, the students and staff of the NYTS Campus, and more recently of the DC-37 Campus, were the

beneficiaries of her wonderful intellect and great sense of humor. Prized for her creativity, she could always be counted on to suggest an idea or offer a new solution to any problem. Sharwyn Dyson brought to the College, and most especially to her students, her impressive personal and professional gifts, and she will be greatly missed.



Anne Terhune



When Anne Terhune, who passed away on March 9, 2005 at the age of 83, joined the CNR Community in 1972 she brought with her a vast knowledge of the masters of the art world. For the next 16 years she shared that knowledge with her students, opening their eyes and their minds to the great works of artists ranging from Giotto to Michelangelo to Monet to Picasso.

When she received her doctorate in art history in 1983, she enabled the College for the first time to offer a major in art history.

"She had such *esprit de vivre*," says Sr. Anne Bunting, Associate Professor Emerita of History. Describing her as a gracious and professional woman, Sr. Mary Jane Robertshaw '51, Associate Professor Emerita of Art, recalls asking Anne to teach a course in the history of Italian Renaissance Art when she was chair of the Art Department. "Anne responded, 'Yes, I think my husband and I will be able to travel to Florence and Rome this summer.' When I was assigned a class to teach, I would reach for the textbooks and run to the library." But Anne Terhune, she went to Italy to experience all that art had to offer firsthand.

Corrine Olensky

For nearly 25 years, Corrine Olensky gave her all to The College of New Rochelle, even through the chronic illness that ultimately claimed her life on March 11, 2005 at the age



of 52. But giving her all was certainly not out of the ordinary for Corrine, a woman of supreme devotion, to her children, to her friends, to helping others.

After joining the College in 1981, Corrine held various positions in the School of New Resources, before being appointed 10 years ago to the position of Staff Assistant for Curriculum and Instruction. In

that capacity, she was charged with maintaining the SNR faculty database, a Herculean task given the size of the SNR faculty – 600 adjuncts each semester – but a task that Corrine took on with great enthusiasm and dedication.

“Corrine was a rare perfectionist who didn’t stop until her work was done perfectly,” said SNR Dean Elza Dinwiddie-Boyd.

According to colleague and friend Donna Tyler, Corrine was a person who believed in structure, neatness, and promptness, a person who no matter how busy she was never wanted help, even if that meant working late into the evening, a person who greeted each request with pleasantries, a person who never strayed from her routine. Her coworkers recall being able to set their watches by her footsteps heading to the coffee machine each morning at precisely 11 am.

She was known for her hearty laughter, for bursting into song at a moment’s notice, and as someone who was forever asking, “Remember when...,” reflecting her great affection for reminiscing.

During the quarter century she was part of The College of New Rochelle Community, Corrine in turn left her colleagues and friends with countless fond memories of the time they spent together. She will be greatly missed.

...May they rest in peace.

Give the Gift That Gives and Gives... To CNR and to You!

“Are you pleased with your CNR charitable gift annuity?”

“Very pleased. Can I add an additional \$5,000?”

Jeanne Welcher Kleinfeld '43

“I did even better than I thought on my taxes!”

Edwina Weisheit '46

“Oh, yes. I do indeed recommend others do the same.”

Phyllis Schreiber SNR '74

“Very happy. It makes me feel good to be getting a good rate and helping CNR, too.”

Rose Cuomo Coviello '41

If you wish to give a gift to your alma mater and strengthen your estate plans, a charitable gift annuity is an excellent way to gain a guaranteed income at a competitive stable rate for the rest of your life.

The income from a gift annuity is based on age and the number of beneficiaries (between 5 and 9 percent).

You can find out more by using CNR’s website: www.cnr.edu. Just go to the homepage; click on “Gift Giving” and then click on the PG Calc icon. Plug in the gift amount and the ages and choose one or two beneficiaries.

For more information, call Dr. Carole Weaver, Director of Gift Planning, at 914-654-5914.

Ask us about deferred annuities for younger alums in the 40s and 50s for an increased rate of income and a larger tax deduction.



Introducing the . . . McEntegart Sisters Scholarship Fund



Three distinctly different sisters with one mind brought forth this special award in loving remembrance of their mother. Kathleen was two, Eileen seven and Mary eight when their father died during the depression. Their remarkable mother struggled to raise her daughters and still dreamed of a college education for all of them.

Establishing the McEntegart Sisters Scholarship Fund by providing, in perpetuity, an annual award for the child of a single parent is an expression of their enduring love of family as well as their abiding concern for others. The College of New Rochelle has had a lasting impact on Mary, Eileen and Kathleen, providing them with critically needed tuition support, and helping to fulfill their mother's wish. To make the same educational experience available to other children of single parents is not only to give back to their *Alma Mater*, but also to amplify and extend their mother's dream.

McEntegart Sisters Scholar, Shamika Eliza Powell

Shamika Eliza Powell has benefitted from the generosity of the McEntegart Sisters Scholarship for the last two years. As a single parent, Shamika's mother was unable to send her daughter to college without significant help.

A graduate of St. Michael's Academy for Girls in Manhattan, where she was a member of the National Honor Society and poetry club, Shamika feels very welcome at CNR. She relishes her language courses, especially French and Spanish.

Shamika likes the diversity, aspirations and ambitions of the CNR community. She recognizes that there is a great respect for the individual here, combined with a welcoming environment where she can learn and interact with others. Both Shamika and her mother are very grateful to the McEntegart sisters for the generous support they have made available through their Scholarship Fund.



Shamika Eliza Powell

Admission price of \$10000 is waived for students who receive this scholarship. The student is not eligible for a student or scholar. An admission scholarship is provided to an award that will allow the best of future students receive the same scholarship as scholarship, please, call the College Office at 314-614-1111.

CNR College of New Rochelle
The College of New Rochelle

Catholic New Yorkers

First Things First

Faith and service are the foundation for a busy college student's fulfilling life

By CLAUDIA McDONNELL

Kathryn Tyranski, a junior at the College of New Rochelle, keeps a schedule that could qualify her to write a book called "How to Get 48 Hours Out of Every 24 and Still Have Time Left Over." She's been taking six courses—38 credits—every semester, with three majors: communication arts, English and women's studies. She's in the honors program and is editor of its magazine, *Femmes d'Esprit*. She also is a peer minister, a sacristan, a coordinator with Midnight Run, the outreach to homeless persons in New York City; a staff writer for the school newspaper, *The Tatler*; and a resident assistant. She works part time as a receptionist in a medical office.

How does she balance it all?

"Good time management," she said in an interview. "I like to budget my time."

But Ms. Tyranski's schedule is more than a skillful juggling act. Her studies and activities are rooted in her commitment to faith, learning, social justice and the service of others.

"For me, social justice is just as essential as breathing," she said, "and I feel that's something I've gotten through my Catholic faith."

Ms. Tyranski, 21, is the daughter of Sheila and Patrick Tyranski of Mount Vernon; she has a brother, John, 16, a student at Iona Prep in New Rochelle.

"My parents are very open-minded people," Ms. Tyranski said. When she was a child, they encouraged her to play with children of all races, religions and backgrounds. That fostered her own open-mindedness, and led naturally to a concern about equality and justice. She also said that she's always had a "voracious appetite for knowledge," which made her more aware of injustices in society.

"You see what's wrong, you want to fix it," she said, "or what's unfair, you want to fight for equality, for everyone to have the same basic rights."

When she entered seventh grade, her parents transferred her from a public school to Holy Family School in New Rochelle because they were impressed with the quality of the education it offered. The Tyranskis began attending Mass there and eventually joined the parish; Kathryn became an altar server. She said that becoming more involved in the Mass and learning how to care for sacred objects led her to a deeper appreciation of her faith and of the Church as a community in which the members care for one another.

When the time came for high school, she knew that she wanted to continue in Catholic education, and she chose the Ursuline School in New Rochelle. She quickly found that she had a natural affinity with "the Ursuline tradition of teaching and service...the idea of being involved with social causes, being there to help others, not just being in it for yourself," she said.

Having sisters as teachers helped her to know them better.

"I see them as cool women, really admirable," Ms. Tyranski said.

Still involved in her parish, she was a catechist, a sacristan, an active member of the youth group and a

part-time secretary in the rectory. At Ursuline she became a lector and a Eucharistic minister at school Masses. She took part in peer ministry, a program in which juniors and seniors help to direct school retreats. And she thrived in the school's environment.

"It felt more like a family than an institution," she said. Going on to the College of New Rochelle was a

campus ministry team or elsewhere.

"There are a lot of resources on campus," she remarked.

Besides her work with Midnight Run, Ms. Tyranski coordinates or works on other events including the Hunger Banquet, which focuses attention on world hunger, and the annual observance of the feast of St. Angela Merici, founder of the Ursulines.

She participates in the annual Stations of the Cross sponsored by Pax Christi in Manhattan on Good Friday.

She is involved in student government and is president of the Student Theater Ensemble, which stages productions each semester. This year she was active in a voter registration effort on three of the school's campuses that registered 1,000 voters.

Good time management helps to explain how Ms. Tyranski does it all. Her faith explains why, and an important part of her faith development was her closer involvement in the Mass beginning in the seventh grade—which happened because she went to Holy Family School.

"I'm glad I took an active role in going to Mass and being a lector and a Eucharistic minister, and serving as a sacristan and peer minister," she said. "My faith and my religion have really encouraged me to continue serving others."

She added, "I have a very busy schedule, but if I didn't have my faith, or I wasn't a faithful person, it would be a lot harder to get through the day-to-day grind." Faith keeps her balanced, she said.

"It helps me stay in tune with what is really important, which is community and friendship and the connections you make with other people."

She quoted one of her favorite sayings, a line from the movie "Miracle on 34th Street": "Faith is believing in things when common sense tells you not to."

"Part of being a faithful person," Ms. Tyranski said, "is seeing past what the surface of a person or a situation is, and finding the root of it all...You always want to try and see the good in everything."

If she encounters students who struggle with faith, she doesn't try to impose her own, but she listens and offers encouragement.

"I think everyone goes through a spot where they're not sure whether they want to have a faith," she said. She grinned as she added that just about everyone—including herself—sometimes feels tempted to think, "I can do this alone; I don't need to believe in anything else." She tells students who are questioning their commitment, "You might not always feel that way. Don't feel surprised if you feel something in the back of your mind or in your heart that's leading you somewhere else. Go with your gut instinct. Just take the road you're on and see where it leads you, because there are always surprises in store."

She told CNY, "I try to always keep an open mind, and just be a source of comfort and strength for whoever needs it."



Maria R. Ilantore

ALWAYS READY TO HELP—In the College of New Rochelle's campus ministry office, where she is a volunteer, Kathryn Tyranski folds clothes for Midnight Run participants to distribute to the homeless.

natural choice: it was founded by the Ursulines and maintains the order's traditions in education and outreach.

Aiming for a career in print journalism, Ms. Tyranski chose communication arts as her major. A course in English that she particularly enjoyed led to more courses and a second major. She added women's studies because it draws on many fields of study, and she wanted a more diverse mix of subjects.

She also found a way to continue her commitment to service: she joined peer ministry, an activity of the campus ministry office. Peer ministers direct events and activities sponsored by the office and are trained to talk with students seeking help or advice and, if they desire, refer them to professionals on the

Passing the Baton...

Two Leaders Challenge Fellow Alum to Share Their Vision

Bidding Farewell

During my time as President, our Board Members participated in the whirlwind of events celebrating the Centennial Year of The College of New Rochelle. These events gave us a great focus since they provided the framework to review the many outstanding accomplishments of the College over 100 years and prodded us to reflect upon the qualities that make CNR unique. We could appreciate our rich history and take pride in the evolution of a vital, relevant institution that has continually found new ways to fulfill the mission established in 1904. At the same time we kept hearing about the vision that is necessary to keep CNR thriving and relevant to future generations. That challenge motivated us to partner with members of the College Community and work diligently to advance goals in the areas of Communication, Mentoring, Programming, Recruitment, and Annual Giving.

The current Board can be proud of its accomplishments and is poised to move forward with additional goals. Throughout the Centennial reflections, it was very gratifying to hear and see the many examples of "education for service" enacted by CNR graduates. A primary focus of the future goals will be to create a heightened awareness among recent graduates of the importance of giving back to the College in some capacity so that we can provide today's and tomorrow's students with the same opportunities that we experienced. It would be especially rewarding if those of you who graduated in the '70s, '80s, and '90s came back to see how CNR is serving students so well in this first decade of the second century. The Office of Alumnae/i Relations is always happy to hear from you and discuss ways for you to reconnect.

Among the many exciting developments taking place is the plan to build the Wellness Center on the southeast corner of campus. Through my involvement as president of the Alumnae/i Association, I have seen that the Ursuline tradition and dedication to excellence remains strong. I am confident that with your support, the College faces a very bright future.

With some degree of sadness, I bid a fond farewell to the superb people I have worked with over the past two years and I thank them for their wonderful support. Many of our accomplishments are due to administrators, faculty, and staff members who assisted our committees. Special thanks to the Alumnae/i Relations staff, Dorothy Biscornet and Nicole Totans, who aided us by providing information, communicating frequently, and bringing our computer skills up to date. Above all, the entire Board is grateful to have had the guidance of Director of Alumnae/i Relations Eileen Niedzwiecki, whose creativity, patience, sense of humor, and dedication to The College of New Rochelle has been an inspiration to us all. We wish her the best as she moves on with a career change.

As I take leave, I wish a warm welcome to Marlene Melone Tuter SAS '71, our incoming President. I know she and the new Board members will find great reward in their work.

Sincerely,

Judy Kenny
Judy Kenny SNR'82

Embracing the Future

As I watched my youngest daughter Agraduate from college this May, my thoughts drifted back more than 30 years before to my own graduation from The College of New Rochelle.

On that beautiful sunny spring day, I joined my classmates on Maura Lawn to receive our diplomas and say a tearful goodbye. The memories and friendships that formed over our four years together were the glue that bound us together even though we left CNR's beautiful campus. Every time I visit that part of campus, those wonderful feelings return. It is this connection that makes the College such an essential part of who I am.

When I was a freshman in 1967, CNR was a wonderful women's college. Over the years I have seen it grow, adding a Graduate School, School of Nursing, and School of New Resources, adapting to the times while maintaining core values and the feeling of friendship that is so familiar to me. I know that each of us has our own special connection with campus, faculty, friends, and staff.

I hope in the days ahead we can share our stories and renew our connection with The College of New Rochelle — call a classmate, join a program, tell a friend or pledge your support. The life of the College goes on each day in six unique locations. But the real pulse of the College is in each and every alumna/us. Celebrate the spirit of The College of New Rochelle everyday wherever you are.

Sincerely,

Marlene Tuter
Marlene Melone Tuter SAS'71



Reaching Out to SNR Graduates

To better serve and strengthen the connection to alumnae/i of the School of New Resources, Carolyn Brown, a 1996 graduate of the Co-op City Campus and a 2000 graduate of the Graduate School, has been appointed Assistant Director of Alumnae/i Relations.

"As we get older and manage our busy lives, caring for family and building careers, much of what we intend—like reconnecting with old friends and classmates or reading a good book—is pushed to another day," says Carolyn.

"Now is the time for us to come back together, to learn what life has been like after graduation. Our office needs alumnae/i to report the milestones and accomplishments that have continued to shape them, as well as the personal, professional, and community activities in which they are involved."

In future months, SNR graduates will be receiving communications from Carolyn regarding upcoming events and opportunities for professional and personal development as well as opportunities to volunteer to give something back to students now experiencing the same stresses and joys that alumnae/i know so well. There are also exciting opportunities to participate on committees of the Alumnae/i Association Board of Directors in the areas of mentoring, fundraising, recruitment, communications, and programming. All alumnae/i are an integral part of CNR's mission and continued success.

You may contact Carolyn Brown, Assistant Director of Alumnae/i Relations, at 914-654-5557 or cbrown@cnr.edu.

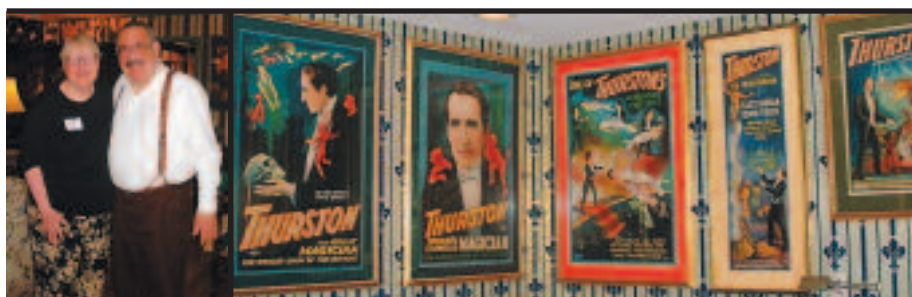
Alumnae/i Share Expertise During Career Panel



Everything is a learning opportunity that can build a solid foundation for advancement, and it is important to have a thorough understanding of the scope of any industry or organization and the power of becoming indispensable to the employer. These were just some of the insights shared by five alumnae/i from across the four Schools during "After CNR," a panel discussion sponsored by Counseling, Career Development & Placement and Alumnae/i Relations at the College in April. Sharing their insight about education

and career transitions with current students were (pictured from left with CNR career counselor Kelly Graham GS'02, far left, and Carolyn Brown SNR'96, GS'00, Assistant Director of Alumnae/i Relations, far right) June Blain-Joseph SNR'04, Director of Youth Outreach and Retiree Member Services for Union 1199; Heather Hogan Barros SAS'98 & GS'00, Applied Behavior Analysis Therapist; Jincy Jacob SN'00, Registered Nurse; Roberta Apuzzo SNR'92, Radio Talk Show Host & Executive Director of Community Service Associates; and Pilar Rivera SAS'04, Early Intervention Services Coordinator.

If you have valuable experience you think would benefit others and would like to participate on a future panel, please contact Carolyn Brown, Assistant Director of Alumnae/i Relations, 914-654-5557 or cbrown@cnr.edu.



Carole McCarthy Nicholson '59 and her husband Nelson and just some of Nelson's amazing collection.

MAGIC AND MYSTERY FOR CONNECTICUT ALUMNAE/I

CNR Connecticut alumnae/i were treated to an afternoon of "Magic and Mystery" at the home of Carole McCarthy Nicholson '59 in April. Attracted to the subject from childhood, Carole's husband Nelson has amassed one of the leading collections of magic memorabilia in the world.

Along with an extensive library featuring rare books from the 16th century, the Nicholson collection includes priceless posters creatively displayed to complement Asian artifacts and textiles. From the world of magic, European and American antiques are juxtaposed with modern pieces throughout their home. Gasps of surprise and awe were heard as

Nelson led guests on a tour, describing the pieces and revealing his exhaustive knowledge of the subject. Although the collection is truly of museum quality, most amazing was the couple's skill in integrating their collections to create a beautiful, comfortable, and welcoming home.

To top off the experience, Nelson recruited a colleague and friend to entertain the crowd with a live magic show. Gasps from the tour then competed with incredulous shouts during the performance. Many thanks to Carole and Nelson for their generosity and gracious hospitality and for a very special afternoon that will long be remembered.

ENDURING VALUES, AGELESS CONCEPTS

In this issue of *Quarterly*, we have considered the issues surrounding aging in America. As better medical care and increased knowledge have extended our lives, we continue to benefit from living long enough to experience—to be aware of—what is of enduring value and what is not, of experiencing what can stand the test of time and what cannot. The College of New Rochelle has certainly endured, withstanding the test of time in terms of: *educating students spanning more than a century*, from the inauguration of President Teddy Roosevelt to the election of George W. Bush; *fulfilling its mission of service to others*, from World War I to the conflicts in Iraq and Afghanistan; *keeping pace with science and technology*, from anthropoids to iPods!

Amid a sea of change is a changeless core—the enduring mission of The College of New Rochelle. When Mother Irene founded CNR, what motivated her was the idea that women could benefit from the same liberal arts education as men. That hasn't changed. Mother Irene also believed in the value of education for service. The commitment to service of our graduates and students is an integral part of the College's legacy to society and to the world. Commitment to service has deepened and expanded into places where it was once thought women would never go—the military, government service, scientific research.

As we face the political, medical, legal, and social challenges of aging in America, we know that the future *policy makers, elected officials, gerontologists,*

nurses, doctors, social workers, community volunteers, judges, and art therapists who will resolve those challenges with conscience and compassion, are being educated at The College of New Rochelle. We need your help. Please make your gift to the CNR Annual Fund today, so that deserving students can complete their educations and become part of the enduring values, the ageless concepts that are the mission of The College of New Rochelle.

It is easy to give in the form that is most convenient for you.

- You may give by visiting us at www.cnr.edu, clicking on “Alumnae/i Relations,” and then on “Make a Gift”
- You may also send a check made out to: CNR Annual Fund, 29 Castle Place, New Rochelle, NY, 10805
- If you prefer to make your gift by credit card, please call (800) 474-4232
- For gifts of stock, please contact Marilyn Saulle, Director of Annual Giving, at (914) 654-5917 for instructions and tax information.

The College of New Rochelle Giving Clubs

\$1,000+	President's Circle
\$500+	Founder's Society
\$250+	Chidwick Associates
\$100+	Century Club

President's Circle

Associate Memberships:

Graduates 1-4 years (2002-2005)	\$250
Graduates 5-9 years (1997-2001)	\$500

THANK YOU FOR YOUR SUPPORT!

Be Not Afraid

(Motto of Pope John Paul II)

Looking Back...

It was quite a revelation to hear the newly elected Pope Benedict XVI describe his experience of the election as one in which “the guillotine” would fall on him even though he thought he “had done my life’s work.” His “guillotine” metaphor is rather stark, yet it denotes the call of the one who is entitled the “servant of the servants of God.” Twenty-seven years earlier another was called forth to be that servant, and, possibly recognizing the weight of such a responsibility, chose as his motto the words spoken by Jesus to Paul the Apostle in a vision in Corinth: *Be Not Afraid! Go on speaking... for I am with you.* (Acts 18:9)

On October 16, 1978 Karol Jozef Wojtyla was called forth as Pope John Paul II. Acknowledging that this ministry would be totally in the hands of God’s grace and Mary’s intercession, he set forth to offer himself to all, especially the poor and rejected, so that they could recognize God’s love and compassion. The journey would take him to places and circumstances that would be extremely challenging and dangerous. Steeled by his faith for this journey and with God’s call to *Be Not Afraid*, Pope John Paul II relied on God in particular moments of stress that have become for us models for living our faith: his speech to the political leaders of Poland and his final journey of suffering.

Standing against injustice was a lifelong work for John Paul II that began when he was a young man in occupied Poland. On June 2, 1979 on his first

journey as Pope to his homeland he met with the authorities of the Polish government. He was forthright in calling them to acknowledge the people’s right to be free and to gather in “solidarity.” He would return to Poland years later after they had gained that freedom and again speak God’s invitation to *Be Not Afraid*.

This reliance on God’s protection continued throughout John Paul’s II’s life and became particularly helpful in those final years when he climbed Calvary’s Hill. We were witness to his suffering and his ability to *Be Not Afraid*. He chose to remain public in his final suffering that he might share the efficaciousness of suffering in a world which chooses to anesthetize itself from suffering. He offered us the dignity that there is in dying as he chose only medical aid that was simply palliative and not curative.

Pope John Paul II passed from our midst on April 2, 2005, leaving us a wonderful legacy. The power of God’s presence in the face of oppression and suffering must be grounded on trust: *Be Not Afraid!*

Looking Forward...

Inspired by Pope John Paul’s trusting attitude, Joseph Cardinal Ratzinger accepted the call of God on April 19, 2005 to be the next “servant of the servants of God.” Greeted by over a 100,000 people in St. Peter’s Square, he acknowledged emphatically that he was “a simple, humble worker in the vineyard of the Lord... consoled by the fact that the Lord can act even through insufficient instruments.”

Our newly-elected Pope chose the name Benedict thus becoming Pope Benedict XVI. He did this with great thought for he stated that he wanted to bind himself to the venerated Pope Benedict XV (1914-1922), who guided the church in the troubled period of the First World War. It was with this example in mind that Pope Benedict XVI declared:

In his footsteps, I want to place my ministry at the service of reconciliation and harmony among individuals and people, deeply convinced that the great good of peace is, first of all, a gift of God, a fragile gift to invoke, safeguard and build day after day with the help of everyone.

The day after his election he gathered with the College of Cardinals in the Sistine Chapel for the Eucharistic Concelebration. In his homily he pointed out not only his sense of inadequacy and human apprehension but also a lively feeling of profound gratitude to God. Pope Benedict XVI went on to say:

And I consider it a special grace which my Venerable Predecessor, John Paul II, has obtained for me. I seem to feel his strong hand clasping mine; I seem to see his smiling eyes and hear his words, at this moment addressed specifically to me: Be Not Afraid!

The CNR Alumnae/i Online Community

GET CONNECTED AND STAY CONNECTED...

...make us a "Favorite"

- ▶ Keep in Touch With Friends Around the World – when you register you verify your information and customize how much (or how little) will appear in the Directory
- ▶ Post a Classnote and Add a Picture for Emphasis!
- ▶ Register for CNR Events OnLine
- ▶ See the Works of Alumnae/i Artists
- ▶ Return to the Classics via the Electronic Age
- ▶ CNR Book Club – check the growing list of alumnae/i and faculty publications as well as recommendations for a good read
- ▶ Establish a Regional Chapter for Networking and Professional Development
- ▶ Joining is just a click away!
 - ▶ Go to www.cnr.edu
 - ▶ Click on Alumnae/i Relations, then First Time User
 - ▶ Use your unique ID on your *Quarterly* mailing label to sign in and follow the prompts

SAVE THE DATE!

Fourth Annual Golf & Tennis Outing

October 18, 2005

Wykagyl Country Club, New Rochelle

9 a.m. registration

10 a.m. brunch

11:30 a.m. shotgun start

5 p.m. cocktails/buffet dinner

**For further information, call Linda Grande
at 914-654-5288**



The College of New Rochelle

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